



**PRODUCT DATA INFORMATION**

**COMPANY NAME** JLM MANUFACTURING

**PRODUCT NAME** PUMPKIN SEEDS R/S

**DATE SENT:** 2/14/2012

**INGREDIENTS:**

Pumpkin Seed, Roasted in Vegetable and/or Cottonseed and/or Peanut and/or Sunflower and/or Soybean Oil, Salt.

**MANUFACTURED BY:**

JLM MANUFACTURING

**ALLERGEN STATEMENT:**

This product contains peanuts.

**SHELF LIFE:**

12 Months

**LIPARI PRODUCT CODE:** 197515

**NUTRITIONAL INFORMATION**

SERVING SIZE		28g	
<b>CALORIES</b>	170		
<b>CALORIES FROM FAT</b>	110		
<b>TOTAL FAT</b>	11 g	17%	
<b>SATURATED FAT</b>	2 g	10%	
<b>TRANS FAT</b>	0 g	0%	
<b>CHOLESTEROL</b>	0 mg	0%	
<b>SODIUM</b>	220 mg	0%	
<b>TOTAL CARBOHYDRATE</b>	8 g	3%	
<b>FIBER</b>	2 g	8%	
<b>SUGARS</b>	3 g		
<b>PROTEIN</b>	9 g		
<b>VITAMIN A</b>		0%	
<b>VITAMIN C</b>		0%	
<b>IRON</b>		2%	
<b>CALCIUM</b>		2%	

\*PERCENT DAILY VALUES ARE BASED ON A 2000 DIET.