

JLM Manufacturing

7/2/2015

JLM PRODUCT #: 200796

PRODUCT NAME: SHELLED PUMPKIN SEEDS ROASTED/NO SALT

UPC: 07020701122

WEIGHT: 10 oz (283 g)

ALLERGEN STATEMENT:

COUNTRY OF ORIGIN: USA/CANADA

SHELF LIFE: 365 Days

OU KOSHER: Pareve

INGREDIENTS: Pumpkin Seeds.

NUTRITIONAL INFORMATION		
SERVING SIZE	1oz (28g)	
SERVINGS PER PACKAGE	10	
CALORIES	160	
CALORIES FROM FAT	130	
TOTAL FAT	15g	23%
SATURATED FAT	2.5g	12%
TRANS FAT	0g	
CHOLESTEROL	0mg	0%
SODIUM	0mg	0%
TOTAL CARBOHYDRATES	3g	1%
FIBER	2g	6%
SUGARS	0g	
PROTEIN	8g	
VITAMIN A		0%
VITAMIN C		0%
IRON		15%
CALCIUM		2%

*PERCENT DAILY VALUES ARE BASED ON A 2,000 CALORIE DIET.

