



Pic - A - Nut's roasting excellence began in 1928 with an original hand batch roasting recipe that captures the aroma of roasting nuts and infuses it back in. We use only the highest quality of nuts and oil (hydrogenated free) that allows for the "Perfect Roast". This recipe has been passed on through generations and is still used today. Our slow-roasted, hand crafted process and personal inspection by the master roasters assures consistent excellence.

UPC: 070207029128

Processed in  
the U.S.A.



MASTER ROASTERS SINCE 1928

Roasted & Salted  
**SUNFLOWER**  
SEEDS

Freshness & Quality Guaranteed

NET WT. 2.25 OZ. (64g)

Clear Window



**Nutrition Facts**

Serving Size: 1 oz. (28g)  
Serving Per Container: 2.25

**Amount Per Serving**

**Calories: 190** Cal from Fat: 145

% Daily Value\*

**Total Fat** 15g **21%**

Saturated Fat 2g **12%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 110mg **0%**

**Total Carbohydrate** 4g **3%**

Sugars 1g

Dietary Fiber 3g **4%**

**Protein** 9g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 8%

\*Percent Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	85g	85g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g

Calories Per Gram

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Sunflower Seeds (Roasted in Vegetable and/or Cottonseed and/or Peanut and/or Sunflower and/or Soybean Oil.) Salt.

This product is produced in a facility that also produces peanut products, may contain peanuts.

This package is sold by weight, not volume. Some settling may occur.

Packaged By JLM Warren, MI 48089  
Manufacturers of Brand