

JLM Manufacturing

7/22/2015

JLM PRODUCT #: 357842
PRODUCT NAME: PINE NUTS/PIGNOLIA RAW
UPC: 76020812447
WEIGHT: 8 oz (226.4 g)
ALLERGEN STATEMENT: CONTAINS: PINE NUT
COUNTRY OF ORIGIN: CHINA
SHELF LIFE: 365 Days
OU KOSHER: Pareve
INGREDIENTS: 100% Pine Nut Kernels.

| NUTRITIONAL INFORMATION | | |
|-------------------------|-----------|-----|
| SERVING SIZE | 1oz (28g) | |
| SERVINGS PER PACKAGE | 8 | |
| | | |
| CALORIES | 190 | |
| CALORIES FROM FAT | 140 | |
| | | |
| TOTAL FAT | 15g | 24% |
| SATURATED FAT | 4g | 18% |
| TRANS FAT | 0g | |
| CHOLESTEROL | 0mg | 0% |
| SODIUM | 0mg | 0% |
| TOTAL CARBOHYDRATES | 9g | 3% |
| FIBER | 4g | 14% |
| SUGARS | 1g | |
| PROTEIN | 4g | |
| VITAMIN A | | 0% |
| VITAMIN C | | 0% |
| IRON | | 10% |
| CALCIUM | | 2% |

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

