

## Pic-A-Nut Tube Nuts - Revised 5/15/14

**PRODUCT NAME** ROASTED AND SALTED SUNFLOWER KERNELS

**JLM PRODUCT #** 469199

**INGREDIENTS:** Shelled Sunflower Seeds (Roasted in Cottonseed, Soybean, and Sunflower Oil), Salt.


**UPC:** 094776130245

**WEIGHT:** 2.5 oz

**ALLERGEN STATEMENT:**

**COUNTRY OF ORIGIN:** CANADA

**SHELF LIFE:** 12 MONTHS

**KOSHER:** 



NUTRITIONAL INFORMATION		
SERVING SIZE	1 oz (28g)	
SERVINGS PER PACKAGE	2.5	
CALORIES	179	
CALORIES FROM FAT	151	
TOTAL FAT	17g	26%
SATURATED FAT	2g	10%
TRANS FAT	0g	
CHOLESTEROL	0mg	0%
SODIUM	142mg	6%
TOTAL CARBOHYDRATES	4g	1%
FIBER	2g	8%
SUGARS	2g	
PROTEIN	7g	
VITAMIN A		0%
VITAMIN C		0%
IRON		9%
CALCIUM		2%

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