



PRODUCT DATA INFORMATION

COMPANY NAME JLM MANUFACTURING

LIPARI PRODUCT CODE: 520536

PRODUCT NAME SUNFLOWER SEEDS SALTED IN SHELL **DATE SENT:** 2/14/2012

INGREDIENTS:

Sunflower Seeds, 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 sunflower seeds.

SHELF LIFE:
12 Months

NUTRITIONAL INFORMATION		SERVING SIZE 28g	
CALORIES	190		
CALORIES FROM FAT	140		
TOTAL FAT	15 g	21%	
SATURATED FAT	2 g	12%	
TRANS FAT	0 g	0%	
CHOLESTEROL	0 mg	0%	
SODIUM	110 mg	0%	
TOTAL CARBOHYDRATE	4 g	3%	
FIBER	3 g	4%	
SUGARS	1 g		
PROTEIN	9 g		
VITAMIN A		0%	
VITAMIN C		0%	
IRON		8%	
CALCIUM		2%	

*PERCENT DAILY VALUES ARE BASED ON A 2000 DIET.