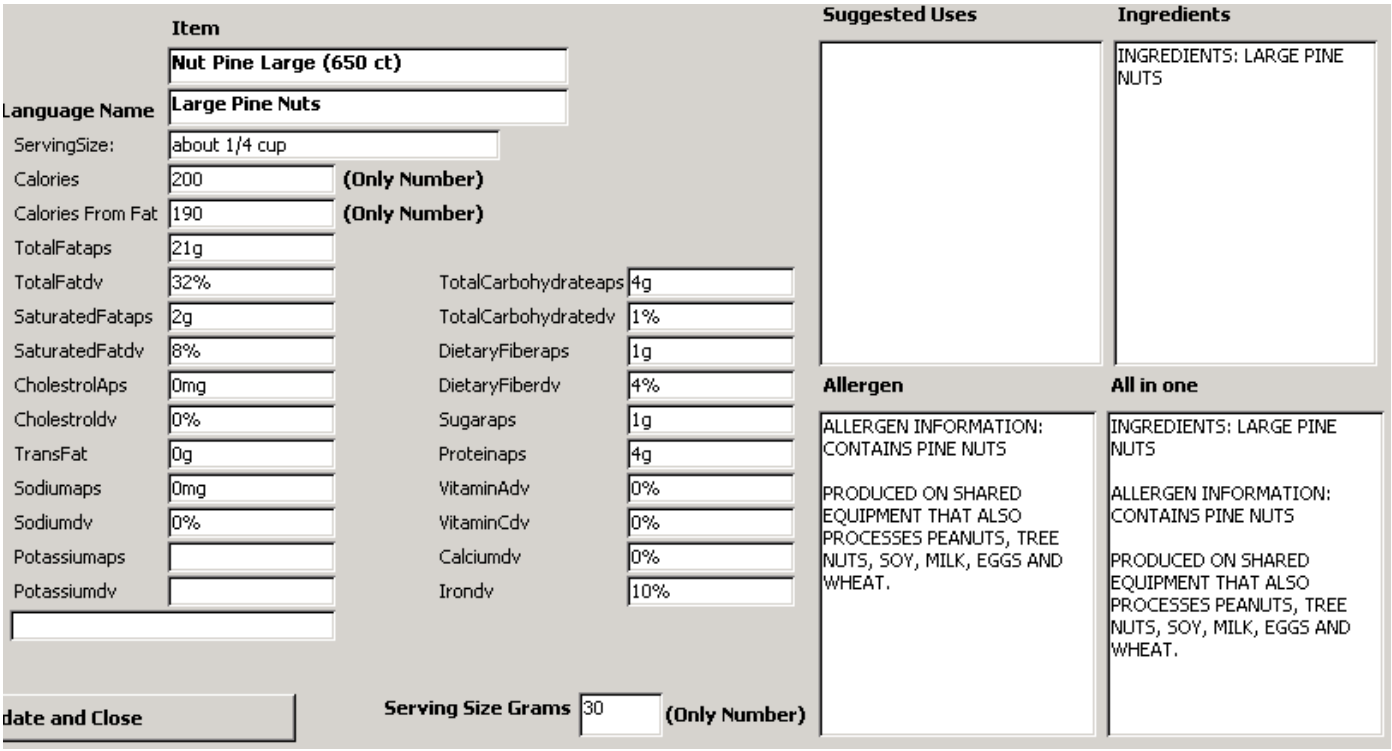
International Foodsource, LLC.



Item	
	Nut Pine Large (650 ct)
Language Name	Large Pine Nuts
ServingSize:	about 1/4 cup
Calories	200 (Only Number)
Calories From Fat	190 (Only Number)
TotalFataps	21g
TotalFatdv	32%
SaturatedFataps	2g
SaturatedFatdv	8%
CholestrolAps	0mg
Cholestroldv	0%
TransFat	0g
Sodiumaps	0mg
Sodiumdv	0%
Potassiumaps	
Potassiumdv	

TotalCarbohydrateaps	4g
TotalCarbohydratedv	1%
DietaryFiberaps	1g
DietaryFiberdv	4%
Sugaraps	1g
Proteinaps	4g
VitaminAdv	0%
VitaminCdv	0%
Calciumdv	0%
Irondv	10%

date and Close

Serving Size Grams 30 (Only Number)

Suggested Uses

Ingredients

INGREDIENTS: LARGE PINE NUTS

Allergen

ALLERGEN INFORMATION: CONTAINS PINE NUTS

PRODUCED ON SHARED EQUIPMENT THAT ALSO PROCESSES PEANUTS, TREE NUTS, SOY, MILK, EGGS AND WHEAT.

All in one

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SpecCat	SpecName	SpecValue
Microbiological	Aerobic Plate Coun	10,000 max
Microbiological	Aflotoxin	negative (less than 20 ppb)
Microbiological	Coliforms	100/g max
Microbiological	E-Coli	<10/g
Microbiological	Listeria	negative/25 g
Microbiological	Mold	25,000/g max
Microbiological	Salmonella	negative/25 g
Microbiological	Yeast	<10/g
Physical	Breakage	split broken <4%
Physical	Color	ivory
Physical	Count	650 per lb
Physical	Flavor	typical pine nut
Physical	Foreign Materials	<0.5%
Physical	Insect Damage	none
Physical	Moisture	<5%
Physical	Mold	0.5%
Physical	Smell	no off odor
Physical	Stained Shells	shell pieces <0.1%
Physical	Texture	firm