

# Lightly Salted SUNFLOWER KERNEL

## Nutrition Facts

Mfg. Code #380937

(144 ct./case)

Kosher

Serving Size: 1 oz.

USDA Approved: 1 oz. Protein

NUTRIENT	Total per 100 Grams	Total per 1 ounce	%RDI
Calories	591.55	168.00	8.40
Total fat (g)	49.30	14.00	22.00
Saturated fat (g)	4.89	1.50	8.00
Monounsaturated fat (g)	9.51	2.70	—
Polyunsaturated fat (g)	28.84	8.19	—
Cholesterol (mg)	0.00	0.00	—
Sodium (mg)	299.30	85.00	4.00
Carbohydrates (g)	17.61	5.00	2.00
Dietary Fiber (g)	7.04	2.00	8.00
Sugars (g)	3.10	0.88	—
Protein (g)	20.53	6.00	—
Vitamin A	42.00	11.93	—
Vitamin C	0.00	0.00	—
Calcium (mg)	56.33	16.00	—
Iron (mg)	6.37	1.81	10.00
Water (g)	0.88	0.25	—
Ash (g)	2.96	0.84	—

**INGREDIENTS:** SUNFLOWER KERNELS, SUGAR, SUNFLOWER OIL, AND SALT.

Nutritional information based on database values (calculated). Periodic lab analysis recommended for verification.

**Shelf Life:** Nine (9) months room temperature (70° F.), 18 months refrigerated (30–40°F) and 24 months frozen (0°F).