



Nutrition Facts

Servings per Container 76
Serving size .25cup (0.25Cup(US))

Amount per serving
Calories 210

% Daily Value*	
Total Fat 19g	24%
Saturated Fat 3.5g	17%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0µg	0%
Calcium 17mg	1%
Iron 3mg	16%
Potassium 306mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

* Benefits

Ingredients

Pumpkin Seeds (Pepitas)

⚠ Allergens

Handling Suggestions

Serving Suggestions

Prep & Cooking Suggestions

📄 Product Specifications

Brand		Manufacturer		Product Category	
AZAR NUT CO.		Azar Nut Company		Grocery	
MFG #	SPC #	GTIN		Pack	Pack Desc.
9620196	003539	00076500962018		1	1 / 5.0 LBR
Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
5.4lb	5lb	No	CHN	No	No
Shipping Information					
Length	Width	Height	Volume	TlxHI	Shelf Life
12.25in	8.56in	4.56in	0.28FT3	16x8	365DAYS
				Storage Temp From/To	
				65°F / 78°F	



Nutrition Analysis - By Serving

Calories	210kcal	Total Fat	19g	Sodium	0mg
Protein	11g	Trans Fats	0g	Calcium	17mg
Total Carbohydrates...	4g	Saturated Fat	3.5g	Iron	3mg
Sugars	1g	Added Sugars	0g	Potassium	306mg
Dietary Fiber	2g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•	0µg	Vitamin D	0µg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate	0mg	Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

 Additional Images

