



FRESH GOURMET

003607 - Sunflower Kernels Roasted Salted

Convenient 1 lb bags.



* Benefits

Oil roasted and slightly salted sunflower kernel.

Ingredients

SUNFLOWER KERNELS,
SUNFLOWER OIL, SALT.

⚠ Allergens

Free From:

- crustaceans
- eggs
- fish
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

Nutrition Facts

Servings per Container 151
Serving size 1/4cup(30g)

Amount per serving
Calories 190

	% Daily Value*
Total Fat 16g	21%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 7g	3%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugar	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 1mg	6%
Potassium 218mg	5%

* 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.

Handling Suggestions

Cool, dry ambient temperature. Avoid excessive heat and humidity. For baking.

Serving Suggestions

Used for baking breads, muffins, and more. Toppings for salads.

Prep & Cooking Suggestions

Ready to use

Product Specifications

Brand	Manufacturer	Product Category
FRESH GOURMET	SUGAR FOODS CORPORATION	Grocery

MFG #	SPC #	GTIN	Pack	Pack Desc.
40734	003607	00086631407340	10	10 / 1.0 LBR

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
11lb	10lb	No	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.69in	9.31in	9.63in	0.81ft3	13x5	180DAYS	50°F / 90°F



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Nutrition Analysis - By Serving

Calories	190	Total Fat	16g	Sodium	115mg
Protein	8	Trans Fats	0g	Calcium	27mg
Total Carbohydrates...	7g	Saturated Fat	2g	Iron	1mg
Sugars	1g	Added Sugars	0g	Potassium	218mg
Dietary Fiber	3g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

