



Nutrition Facts

Servings per Container 168
Serving size 1/4cup (32g)

Amount per serving
Calories 190

	% Daily Value*
Total Fat 17g	%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	6%
Total Carbohydrate 6g	2%
Dietary Fiber	%
Total Sugars 1g	
Includes Added Sugars	%
Protein 6g	
Vitamin D 0mg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

* 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

Great for snacking or as a salad topping.

Ingredients

Sunflower Kernels, Cottonseed Oil, Salt. May contain soybeans.

⚠ Allergens

May Contain:

- eggs
- dairy
- peanuts
- soy
- tree nuts
- wheat

Free From:

- crustaceans
- fish

Handling Suggestions

Dry & Crunchy sunflower kernels roasted and then lightly salted to perfection. Great for snacking or as a salad topping.

Serving Suggestions

1/4 cup

Prep & Cooking Suggestions

Crunchy sunflower kernels roasted and then lightly salted to perfection. Great for snacking or as a salad topping.

📄 Product Specifications

Brand	Manufacturer	Product Category
AZAR NUT CO.	Mount Franklin Foods LLC	Seeds

MFG #	SPC #	GTIN	Pack	Pack Desc.
9611001	226031	00076500100113	1	1 x 10 LB / CS

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
11LB	10LB	US	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12.87in	8.5in	6.5in	0.41FT3	16x6	365days	45°F / 70°F



AZAR NUT CO.

226031 - Nut Sunflower Kernels R/S 9611001



Nutrition Analysis

Calories	190	Total Fat	17g	Sodium	160mg
Protein	6	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	6g	Saturated Fat	2g	Iron	0mg
Sugars	1g	Added Sugars		Potassium	0mg
Dietary Fiber		Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)	0	Vitamin D	0mg	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

