



BAKERS SELECT

003586 - Seeds Sunflower Kernels Raw Shelled

Crunchy, natural sunflower kernels shelled for convenience. Great for snacking or as a salad topping.



Nutrition Facts

Servings per Container 91
Serving size .25cup (35g)

Amount per serving
Calories 220

% Daily Value*

Total Fat 18g 23%
Saturated Fat 1.5g 8%
Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 7g 3%

Dietary Fiber 3g 11%

Total Sugars 1g
Includes 0g Added Sugar 0%

Protein 7g

Vitamin D 0mcg 0%

Calcium 27mg 2%

Iron 2mg 11%

Potassium 226mg 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.

* Benefits

Ingredients

Sunflower Kernels.

⚠ Allergens

Handling Suggestions

Dry storage

Serving Suggestions

1/4 cup

Prep & Cooking Suggestions

ready to eat

📄 Product Specifications

Brand	Manufacturer	Product Category
BAKERS SELECT	AZAR NUT CO	Grocery

MFG #	SPC #	GTIN	Pack	Pack Desc.
9617996	003586	00076500961790	1	1 / 5.0 LBR

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
5.3lb	5lb	No	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12.25in	8.56in	4.56in	0.28ft3	15x8	365DAYS	68°F / 78°F



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Nutrition Analysis - By Serving

Calories	220	Total Fat	18g	Sodium	0mg
Protein	7	Trans Fats	0g	Calcium	27mg
Total Carbohydrates...	7g	Saturated Fat	1.5g	Iron	2mg
Sugars	1g	Added Sugars	0g	Potassium	226mg
Dietary Fiber	3g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)	0	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate	0mg	Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images

