

# 173189 - Pepita/Pumpkin Seed Kernel Shelled Raw AA



Pumpkin seeds are native to the Americas. They are sometimes called pepitas. The word pepita reflects its connection to its heritage which is Mexico. Raw pumpkin seeds possess a variety of distinctive nutrition-related characteristics. Many nuts and seeds contain vitamin E. The differentiating feature these seeds offer is that they contain vitamin E in a variety of forms. In ad...



### MARKETING

With the vast array of health benefits raw pepitas offer, almost anyone can find health-related reasons to incorporate these tasty seeds into their diet.

## Nutrition Facts

76 Servings per container

**Serving Size** **30.0 GR**

**Amount Per Serving**  
**Calories** **180**

% Daily Value\*

**Total Fat** 14 g **22%**

Saturated Fat 2.5 g **13%**

Trans Fat

**Cholesterol** **%**

**Sodium** 5 mg **0%**

**Total Carbohydrates** 4 g **1%**

Dietary Fiber 1 g **4%**

Total Sugars

Includes Added Sugars **%**

**Protein** 7 g

Vitamin D **%**

Calcium **%**

Iron **15%**

Potassium **%**

\* The % Daily Values (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.

### PRODUCT SPECIFICATIONS

Code	GTIN	Pack Description				
173189	01068803202696	1/5 LB				
Brand	Brand Owner	GPC Description				
Culinary Masters	Culinary Masters	Vegetables - Prepared/Processed (Perishable)				
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
5.5 LBR	5 LBR	No	China	Undeclared	No	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12 INH	6 INH	6 INH	0.25 FTQ	36x05	468 Days	60 FAH / 77 FAH
Traceability Regulation						
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors			
N/A	N/A	N/A	N/A			

### HANDLING SUGGESTIONS

Store in a cool, dry place.---UNIT UPC: 688032026962---

### ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; INII = 'Intentionally nor Inherently Included'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - UN
- Eggs - UN
- Soybean - UN
- Wheat - UN
- Sesame - UN
- Molluscs - UN
- Peanuts - UN
- Tree - UN
- Fish - UN
- Shellfish - UN
- Crustaceans - UN

### INGREDIENTS

RAW SHELLED PUMPKIN SEEDS CAUTION: MAY CONTAIN SHELL OR SHELL FRAGMENTS

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### PREPARATION & COOKING SUGGESTIONS

See label for suggestions

### SERVING SUGGESTIONS

See label for suggestions

### MORE INFORMATION