Culinary Masters

163193 - Sunflower Seeds in Kernels Natural

Premium Quality Raw Unsalted Sunflower Seeds. These seeds are a fresh, tasty and healthy, source of fiber, protein, vitamins and minerals. Eat them by the handful or use them to bake bread. Also, can be used to in granola or on tacos. Perfect for making healthy snack bars. Add them to your favorite recipes like salads and baked goods.



MARKETING

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PRODUCT SPECIFICATIONS

Code	GTIN	Pack Description
91317	00790429913172	1/5 LB

Brand	Brand Owner	GPC Description
Culinary Masters	Culinary Masters	Nuts/Seeds - Unprepared/Unprocessed (Perishable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
5.15 LBR	5 LBR	No	United States	Yes	No

Shipping						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
11.9 INH	9.9 INH	4.8 INH	0.33 FTQ	21x10	237 Days	35 FAH / 37.5 FAH

Traceability Regulation			
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors
N/A	N/A	N/A	N/A

Nutrition Facts

76 Servings per container

Serving Size **1/4 Cup**

Amount Per Serving

Calories **170**

	% Daily Value*
Total Fat 15 g	**23%**
Saturated Fat 1 g	**5%**
Trans Fat 0 g	
Cholesterol 0 mg	**0%**
Sodium 0 mg	**0%**
Total Carbohydrates 4 g	**1%**
Dietary Fiber 3 g	**12%**
Total Sugars 1 g	
Includes 0 g Added Sugars	**0%**
Protein 7 g	
Vitamin D 0 mcg	0%
Calcium 40 mg	4%
Iron 1.8 mg	10%
Potassium 140 mg	4%

* 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.

HANDLING SUGGESTIONS

Store in a cool, dry place away from sunlight. ---
UNIT UPC: 790429913172---

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 - MC
- Peanuts - MC
- Eggs - MC
- Tree - MC
- Soybean - MC
- Fish - N
- Wheat - MC
- Shellfish - N
- Sesame - N
- Crustaceans - N
- Molluscs - N

INGREDIENTS

Raw shelled sunflower seeds

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PREPARATION & COOKING SUGGESTIONS

Unpack and eat.

SERVING SUGGESTIONS

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MORE INFORMATION