

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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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.

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 | TlxHI | Shelf Life | Storage Temp From/To |
| 11.9 INH | 9.9 INH | 4.8 INH | 0.33 FTQ | 21x10 | 467 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 | | |

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';
INI = 'Intentionally nor Inherently Included'; 50 = 'Derived from Ingredients';
60 = 'Not Derived From Ingredients'; NI = 'No Info'

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

INGREDIENTS

Raw shelled sunflower seeds

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PREPARATION & COOKING SUGGESTIONS

Unpack and eat.

SERVING SUGGESTIONS

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MORE INFORMATION