



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.



* Benefits

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.

Ingredients

Raw shelled sunflower seeds

⚠ Allergens

Free From:

- crustaceans
- eggs
- fish
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

Nutrition Facts

Servings per Container 76
Serving size 1/4cup (30g)

Amount per serving
Calories 170

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

* 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.

Handling Suggestions

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

Serving Suggestions

Serving Size: 1/4 cup. 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.

Prep & Cooking Suggestions

Unpack and eat.

📄 Product Specifications

Brand	Manufacturer
Culinary Masters	Culinary Masters

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
790429913172	91317	163193	00790429913172		1/5 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
5.15lb	5lb	United States	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
11.9in	9.9in	4.8in	0.33ft3	21x10	240days	35°F / 37°F



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Nutrition Analysis - By Measure

Calories	170	Total Fat	15g	Sodium	0mg
Protein	7	Trans Fats	0g	Calcium	40mg
Total Carbohydrates...	4g	Saturated Fat	1g	Iron	1.8mg
Sugars	1g	Added Sugars	0g	Potassium	140mg
Dietary Fiber	3g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

