



Culinary Master

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.



Nutrition Facts

Servings per Container 76
Serving size 30.0g (30g)

Amount per serving
Calories 170

| | % Daily Value* |
|------------------------------|----------------|
| Total Fat 15g | 23% |
| Saturated Fat 1g | 5% |
| Trans Fat | |
| Cholesterol 0mg | 0% |
| Sodium 0mg | 0% |
| Total Carbohydrate 4g | 1% |
| Dietary Fiber 3g | 11% |
| Total Sugars 1g | |
| Includes 0g Added Sugar | 0% |
| Protein 7g | |
| Vitamin D 0mcg | 0% |
| Calcium 40mg | 3% |
| Iron 1.8mg | 10% |
| Potassium 0mg | 0% |

* 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

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:



Handling Suggestions

Store in a cool, dry place away from sunlight.

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 | Product Category |
|-----------------|-----------------|---------------------------------------|
| Culinary Master | Culinary Master | Fruits & Vegetables, Frozen or Canned |

| 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 | No | |

| 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 | | Calcium | 40mg |
| Total Carbohydrates... | 4g | Saturated Fat | 1g | Iron | 1.8mg |
| Sugars | 1g | Added Sugars | 0g | Potassium | 0mg |
| Dietary Fiber | 3g | Polyunsaturated Fat | | Zinc | |
| Lactose | | Monounsaturated Fat | | Phosphorus | |
| Sucrose | | Cholesterol | 0mg | | |
| Vitamin A(U) | | 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

