



Kar's Nuts  
 1200 East 14 Mile Road  
 Madison Heights, MI 48071

**Item #8130: Peanut-Free Sunflower Kernels 200/1oz**

**Ingredient Statement:**

SUNFLOWER KERNELS, SUNFLOWER AND/OR COTTONSEED OIL, SALT.

<b>Nutrition Facts</b>	
Serving Size (28g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 180</b>	<b>Calories from Fat 130</b>
% Daily Value*	
<b>Total Fat 15g</b>	<b>23%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 135mg</b>	<b>6%</b>
<b>Total Carbohydrate 6g</b>	<b>2%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 1g	
<b>Protein 6g</b>	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Approved By: *Julie Rochowiak*  
 Julie Rochowiak  
 QA Manager

Date: 7-21-14