

Pumpkin Seeds - Raw Shelled

Certification

Kosher Parve

Chemical

Treated

Microbiological

Aerobic Plate Count < 100,000 cfu/g
Aflatoxin < 6 ppb
Coliforms < 100 cfu/g
E-Coli < 10 cfu/g
Mold/ Yeast < 1,000 cfu/g
Salmonella Negative

Physical

Appearance Yellowish to Bright Green in Color
COOL Pumpkin Seeds: Product of China
Flavor Typical of Pumpkin Seeds
Foreign Materials < 0.06%
GMO Non GMO
Moisture < 9%
Smell No Off Odors

Kosher : Kosher Parve

Ingredients / Allergen

INGREDIENTS: RAW SHELLED PUMPKIN SEEDS.

CAUTION: MAY CONTAIN SHELL OR SHELL FRAGMENTS.

Nutrition Facts

Serving Size about 1/4 cup

Amount Per Serving

	180	Cal. From Fat	130	%Daily Value *
Calories	180			
Total Fat	14g			22%
Saturated Fat	4g			20%
Trans Fat	0g			
Cholesterol	0mg			0%
Sodium	5mg			0%
Potassium				
Total Carbohydrate	4g			1%
Dietary Fiber	3g			12%
Total Sugars	1g			
Includes 0g Added Sugars				0%
Protein	9g			
Vitamin A				2%
Vitamin C				0%
Vitamin D	0mcg			0%
Calcium:	46mg			0%
Iron	9mg			15%