



Revised By: ddavidson

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Bob's Red Mill Natural Foods

Product Specifications:

Product Name: OG Pumpkin Seeds 4/12 oz

Product Number: P101304

Product Description: ORGANIC PUMPKIN SEEDS are made from raw pumpkin seeds, processed in accordance with 21 CFR Part 117 subpart B and in compliance with state and federal requirements for food safety and quality.

Ingredients: Organic Pumpkin Seeds.

Allergen List: No Allergens

Physical Properties:

Appearance: Flat oval green seeds pointed at one end, rounded at the other

Aroma: Clean, typical of Pumpkin Seeds with no rancid or off-odors.

Flavor: Clean and fresh nutty taste typical of Pumpkin Seeds with no rancid or undesirable flavors.

Nutrition Facts	
Serving size	100g
Amount per serving	
Calories	589.00
% Daily Value*	
Total Fat 44.70g	57%
Saturated Fat 8.20g	41%
Trans Fat 0.00g	
Cholesterol 0.00mg	0%
Sodium 10.10mg	0%
Total Carbohydrate 10.80g	4%
Dietary Fiber 5.90g	24%
Total Sugars 1.10g	
Includes 0.00g Added Sugars	0%
Protein 35.90g	
Vitamin D 0.00mcg	
Calcium 20.60mg	
Iron 9.49mg	
Potassium 687.00mg	
* 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.	

Certifications:

<u>Kosher Certification:</u>	Certified by OK Kosher
<u>Non-GMO Certification:</u>	Verified by the Non-GMO Project.
<u>Audit Certification:</u>	SQF Food Safety Code: Food Manufacturing, ed. 9
<u>Organic Certification:</u>	Certified by Quality Assurance International (QAI)
<u>Gluten Free Certification:</u>	
<u>Fair Trade Certified:</u>	

Country of Origin: China, Mexico