

SALTED SUNFLOWER SEEDS



Case Code 42991	Pack & Size 9 / 2 OZ. TRAY(S)
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Refuel and re-energize with Lance Sunflower Seeds!

Nutrition Facts	
1 Serving Per Container	
Serving size 1 Package (KernelsPlusSeasoningOnShell)	
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 1g	6%
Trans Fat 0g	
Polyunsaturated Fat 7g	
Monounsaturated Fat 4.5g	
Cholesterol 0mg	0%
Sodium 1890mg	82%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1.3mg	8%
Potassium 160mg	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.	
Nutrition Facts are based on our current data. However, because the data may change from time to time, this information may not always be identical to the Nutrition Facts table found on the labels of products.	

FEATURES AND BENEFITS

- ✓ **THE PERFECT SNACK:** Lance on-the-go pack of Salted Sunflower Seeds
- ✓ **SIMPLE INGREDIENTS:** Just sunflower seeds and salt
- ✓ **RECIPE IDEAS:** Sprinkle sunflower seeds on top of salads, or mix with nuts and dried fruit into a trail mix
- ✓ **REFUEL WITH LANCE SUNFLOWER SEEDS:** Keep a pack in your bag or at the office for a satisfying snack anytime
- ✓ **ON-THE-GO SNACK:** Convenient snack bag (2 ounces) is great for snacking anytime, anywhere

PREPARATION

HANDLING

STORAGE

Shelf Life: 182 Days
Storage Temperature: 71 - 80 °F

INGREDIENTS

SUNFLOWER SEEDS, SALT.

MORE

Refuel and re-energize with Lance Sunflower Seeds! Lance offers a range of nuts and seeds in convenient snack packs to help keep you going anytime, anywhere.

PACKAGING DETAILS

Pack & Size: 9 / 2 OZ. TRAY(S)	Case Weight: 16.730 LB	UPC: 76410294261
Cube: 1.749 FT	Case Size: 23.060 IN x 13.440 IN x 9.750 IN (L x W x H)	SCC-14: 76410294261

Printed: 30, Jan 2023