



*Raw*  
**Pumpkin Seeds**

Net Wt 11 lb (4.98 kg)

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BEST IF USED BY:  
LOT#

STORE IN A COOL, DRY PLACE

Manufactured for Clark Core Services, LLC, Lancaster, PA 17602

**Nutrition Facts** About 166 servings per container, **Serv. size 1/4 Cup (30g)** Amount per serving: **Calories 180**, Total Fat 15g (19% DV), Sat. Fat 2.5g (13% DV), Trans Fat 0g, **Cholest. 0mg** (0% DV), **Sodium 0mg** (0% DV), **Total Carb. 3g** (1% DV), Dietary Fiber 2g (6% DV), Total Sugar 0g (Incl 0g Added Sugar, 0% DV), **Protein 9g**, Vit. D 0mg (0% DV), Calcium 10mg (2% DV), Iron 2.6mg (15% DV), Potas. 240mg (6% DV).

INGREDIENTS: PUMPKIN SEEDS

113HTP29570



PRODUCT OF CHINA