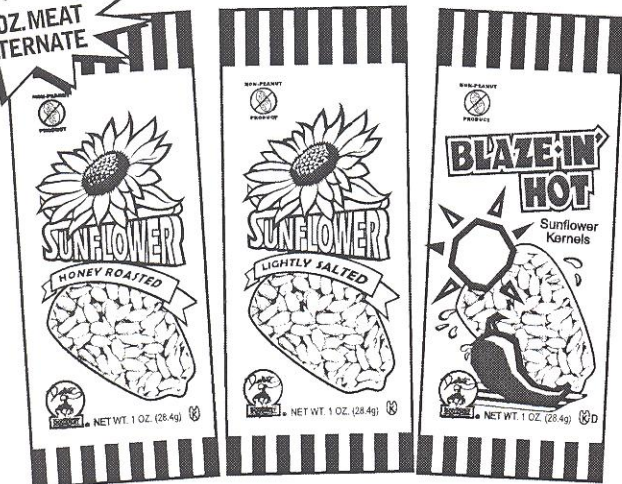




DAKOTA GOURMET®

# SUNFLOWER KERNELS

1 OZ. MEAT ALTERNATE



Honey Roasted  
(1017310)  
150/1 oz.

Lightly Salted  
(1017268)  
150/1 oz.

Blaze-in' Hot  
(1007687)  
150/1 oz.

- NON-PEANUT PRODUCTS
- REDUCES LABOR COSTS
- OFFERS VARIETY FOR MENUS
- LIMITS FOOD SAFETY RISKS
- MONEY BACK GUARANTEE

NON-PEANUT



**MEETS USDA MENU PLANNING STANDARDS FOR:  
TRADITIONAL, NUTRIENT, FOOD BASED MENUS**

Nutritional information based on database values (calculated).  
Periodic lab analysis recommended for verification.

Shelf Life: Nine (9) months room temperature (70° F.), 18 months refrigerated (30–40°F) and 24 months frozen (0°F).

1-800-727-6663 • MEAT ALTERNATE • KOSHER CERTIFIED • [www.myschoolmenu.com](http://www.myschoolmenu.com)

We certify the above information is true and correct.

Allen Engstrom

Director of Operations

Kris A. Meindl, RD

Director of Quality Control/R & D Programs

SunOpta

Grains and Foods Group

1-25-07

Honey Roasted

Lightly Salted

## Nutrition Facts

Serving Size 1/4 cup (28.4g)  
Servings per container 1

**Amount Per Serving**  
Calories 160 Calories from Fat 110

% Daily Value\*

**Total Fat** 12g **19%**

Sat. Fat 1.5g **8%**

**Trans Fat** 0g

**Cholesterol** 0mg **0%**

**Sodium** 85mg **4%**

**Total Carb.** 8g **3%**

Fiber 1.5g **6%**

Sugars 4g

**Protein** 6g

Vitamin A 0% • Vitamin C 0% • Calcium 0%

Iron 10% • Vitamin E 49% • Folate 15%

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: OIL ROASTED (NON-HYDROGENATED SUNFLOWER OIL) SUNFLOWER KERNELS, SUCROSE, WHEAT STARCH, HONEY, CALCIUM STEARATE, LECITHIN, MALTODEXTRIN, XANTHAN GUM, SALT.

## Nutrition Facts

Serving Size 1/4 cup (28.4g)  
Servings per container 1

**Amount Per Serving**  
Calories 170 Calories from Fat 130

% Daily Value\*

**Total Fat** 14g **22%**

Sat. Fat 1.5g **8%**

**Trans Fat** 0g

**Cholesterol** 0mg **0%**

**Sodium** 85mg **4%**

**Total Carb.** 5g **2%**

Fiber 2g **8%**

Sugars less than 1g

**Protein** 6g

Vitamin A 0% • Vitamin C 0% • Calcium 0%

Iron 10% • Vitamin E 54% • Folate 16%

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: SUNFLOWER KERNELS, NON-HYDROGENATED SUNFLOWER OIL & SALT.

- LOW IN SATURATED FAT
- HIGH IN VITAMIN E
- NO HYDROGENATED OILS
- TRANS FAT FREE

Blaze-in' Hot

## Nutrition Facts

Serving Size 1/4 cup (28.4g)  
Servings per container 1

**Amount Per Serving**  
Calories 170 Calories from Fat 140

% Daily Value\*

**Total Fat** 16g **25%**

Sat. Fat 1.5g **9%**

**Trans Fat** 0g **0%**

**Cholesterol** 0mg **0%**

**Sodium** 115mg **5%**

**Total Carb.** 5g **2%**

Dietary Fiber 2g **7%**

Sugars less than 1g

**Protein** 6g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 10%

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Sunflower kernels, seasoning (corn flour, salt, shortening powder, citric acid, maltodextrin, cheese powder, sugar, natural & artificial flavors, spice, autolyzed yeast extract, buttermilk powder, onion & garlic powder, lactic acid, whey protein concentrate, non-hydrogenated vegetable oil, hydrolyzed soy & corn protein, disodium inosinate & guanylate, annatto), non-hydrogenated