

***Nutritional Data per 100 g**

Calories	627 kcal
Protein (g)	20.46
Carbohydrates (g)	18.64
Sugars (g)	2.16
Dietary Fiber (g)	13.1
Fat - Total (g)	52.3
Trans Fat (g)	0.03
Saturated Fat (g)	3.64
Monounsaturated Fat (g)	39.6
Polyunsaturated Fat (g)	6.8
Cholesterol (mg)	0
Ash (g)	3
Water (g)	5.60
Total Vitamin A (IU)	50
Thiamin - B1 (mg)	1.37
Riboflavin - B2 (mg)	0.294
Niacin - B3 (mg)	5.56
Vitamin B6 (mg)	1.37
Vitamin B12 (mcg)	0
Folic Acid (mcg)	0
Pantothenic Acid (mg)	0.79
Vitamin C (mg)	1.4
Vitamin D (IU)	0
Vitamin E (mg)	35.17
Calcium (mg)	78
Copper (mg)	1.8
Iron (mg)	5.25
Magnesium (Mg)	325
Manganese (mg)	1.95
Phosphorus (mg)	660
Potassium (mg)	645
Selenium (mcg)	53
Sodium (mg)	9
Zinc (mg)	5

1. Composite Data Analysis

Features and Benefits:

- Nutritionally-dense whole food
- Consistent visual characteristics
- Texture enhancement
- Value-added processing
- Firm crunch & mild, nutty flavor

General Requirements

- The product shall be manufactured in accordance with Good Manufacturing Practice 21 CFR, Part #110.
- The finished product and packaging shall conform in every respect with the provisions of the Federal Food, Drug and Cosmetic Act, as amended, and to all applicable State and Local regulations.
- The product shall meet the Kashruth requirements of the Union of Orthodox Jewish Congregations of America.

Packaging and Shelf Life:

*Shelf life based in National Sunflower Association Shelf-Life Study)

- 50-Pound Paper
- 25 kg Paper Bags
- 2,000-Pound Non-Poly Totes
- All acceptable for 12 Months when stored at 40°F (4°C) with low relative humidity (50% or below)

Packaging Net Wt Requirements

The average quantity of contents in a shipment must at least equal the quantity printed on the label and the variance of the individual container from the stated label quantity must not exceed the maximum allowable variation (MAV) as stated in the National Bureau of Standards Handbook 133.

Typical Analysis:

Moisture: > 4%, < 8%
Purity: (including *natural foreign matter) ≥ 99.95%
Count: 550 +/-50 per ounce
*Natural Foreign Matter: ≤ 0.05% by weight
**Sticktites: ≤ 3 pieces per pound
Sclerotinia: ≤ 0.15 pieces per pound
Insect Damage: ≤ 2% by weight
Broken: ≤ 5% (1/2 kernel or less) by weight
Dark, stained kernel: ≤ 0.5% by weight

*Natural foreign matter includes but not limited to:

Cockleburrs, head pulp, and sticks

**Sticktites include any kernel that is more than 25% covered by shell.

Physical Characteristics:

Appearance:

Raw, dry, and firm kernel with off-white to gray coloring.

Flavor and Odor:

Cool and sweet, typical sunflower nutmeat flavor, free from foreign flavors or odors.

Ingredients

100% Steam Pasteurized Sunflower Kernel

Microbiological Requirements

Salmonella - Negative/375gm

E. Coli - <10 cfu/g

Coliforms - 10 cfu/g maximum

Yeast & Mold (total) - 1,000 cfu/g maximum

Aerobic Plate Count - 1,000 cfu/g maximum

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bringing well-being to life

This information is presented in good faith, and great care was used in its preparation. However, no warranty, guarantee, or freedom from patent infringement is implied or inferred. This information is offered solely for your consideration and verification. SunOpta's raw sunflower products are processed without heat treatment or a lethality step to control microorganisms.

SunOpta recommends that to ensure safe micro levels in raw sunflower, further processing using an appropriate scientifically validated kill step should be used. Processes such as dry or oil roasting, steam sterilization, irradiation, or chemical sanitation are examples of methods or treatments that can control or reduce microorganisms.