

# Mediterranean Pine Nut Kernels

## 16 Ounce Stand-Up Bags



The wonderful flavor of pine nuts adds excitement to salads and pastas.

### Specifications:

- Each bag has a resealable zipper and is labeled with complete nutritional data, UPC code, Star-K's kosher logo and two recipe suggestions.
- UPC code #0-86101-70001-8. Product of Turkey. Great Lakes item #834.
- Each carton contains 24 x 16oz net weight bags. Each carton measures: 11" x 15 3/4" x 9". The total net weight per carton is 24 pounds. There are 70 cases per standard 40 x 48 pallet.



**GREAT LAKES**  
INTERNATIONAL TRADING INC.

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## Pine Nut Kernels

Ingredients: Pine nut kernels

<b>Nutrition Facts</b>	
Serving Size: ¼ cup (30g)	
Servings Per Container: about 4	
Amount per Serving	
Calories 175	Calories from Fat 140
% of Daily Value*	
Total Fat 13.5g	21%
Saturated Fat 4g	18%
<i>Trans</i> Fat 0g	0%
Cholesterol 0mg	0%
Sodium 3.5mg	0%
Total Carbohydrate 4.2g	1%
Dietary Fiber 2g	7%
Sugars 3g	
Protein 9.5g	
Vitamin A	0%
Vitamin C	1%
Potassium	6%
Calcium	0%
Magnesium	24%
* Percent Daily Values are based on a 2,000 calorie diet.	