



Midwest Processors LLC
500 Centennial Drive, Pierz, MN 56364
Phone: (320) 468-0205 | Fax: (320) 468-2755

Specification Information for Smude's All Natural
Premium Cold Pressed High Oleic Sunflower Oil.



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Smude's All Natural Premium Cold Pressed Sunflower Oil

Issued: 10/01/2019

Supersedes: NONE

Shelf Life:

Smude's All Natural Premium Cold Pressed Sunflower Oil has a 2 years shelf life.

Best if stored in a cool dark place below 70 degrees Fahrenheit.

Allergens:

Smude's All Natural Premium Cold Pressed Sunflower Oil is allergy free. There are no other seeds or nuts present in this product during the pressing process.

Packaging:

This product is available in bulk and retail packaging
Smude's All Natural Premium Cold Pressed Sunflower Oil is NOT handled on shared equipment during production.

Ingredients:

100% Pure High Oleic Sunflower Oil



Nutrition Facts

Serving Size 1 tbsp (14 g)
Servings Per Container 32

Amount Per Serving

Calories 124 Calories from Fat 124

% Daily Value*

Total Fat 14g	22%
Saturated Fat 1 g	7%
Polyunsaturated Fat .5g	
Monounsaturated Fat 11.7g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	0%
Protein 0g	
Vitamin A 0% Vitamin C 0%	
Vitamin E 29 Calcium 0%	
Iron 0% Gluten Free	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000	2,500
Total Fat <65g	80g
Saturated Fat <20g	80g
Cholesterol <300mg	300mg
Sodium <2,400mg	2,400 mg
Total Carbohydrate 300g	375g
Dietary Fiber 25 g	30g
Calories per gram:	
Fat 9 Carbohydrate 4 Protein 4	

For more info: www.nutritiondata.com. Caution: if oil smokes, reduce heat. Oil will catch fire if overheated.



Nutrient	Amount/100g
Total Fat (g)	92.36
Saturated Fat (g)	7.58
Polyunsaturated Fatty Acids (g)	3.43
Monounsaturated Fatty Acids (g)	77.31
Trans Fatty Acids (g)	0
16:0 Palmitic	3.4
18:0 Satearic	3
18:1 Oleic	87.1
18.1T Elaidic	<0.1
18:2 Linoleic	3.9
18:2T Linolelaidic	<0.1
18:3 Linolenic	<0.1
18:3T Linolenelaidic	<0.1
Moisture	0.12
Protein (g)	0
Sugars (g)	0
Cholesterol (mg)	0
Sodium (mg)	0
Dietary Fibers (g)	0
Total Carbohydrates (g)	0

Test/Parameter	Specification	Method Reference
Peroxide Value	< 3 Meq/Kg Fat	AOCS Cd 8-53
Aerobic Plate Count	< 1000 CFU/gram	BAM 8 th Ed
Coliform Count	<25 CFU/gram	BAM Ch 4
Escherichia coli	<10 CFU/gram	BAM Ch 4
Mold Count	<150 CFU/gram	BAM 8 th Ed
Yeast Count	<150 CFU/gram	BAM 8 th Ed
Salmonella (VIDAS)	Absent	BAM Ch 5/AOAC 2011.03
Weight for Salmonella	<100 grams	N/A
CFU = Colony Forming Units		

