



Raw Pepitas

Nutrition Facts

Serving Size: 100g

Servings per Container: N/A

Amount per Serving

Calories 594 **Calories From Fat** 427

% Daily Value*

Total Fat 47g 72%

Saturated Fat 12g 60%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 18mg 1%

Total Carbohydrate 12g 4%

Dietary Fiber 10g 40%

Sugars 2g

Protein 29g

Vitamin A 7% * Vitamin C 0%

Calcium 3% * Iron 44%

*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	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400 mg
Total Carb.	Less than	300g	375g
Dietary Fiber	Less than	25g	30g

Calories per gram:

Fat 9 * Carbohydrate 4 * Protein 4

Ingredients: Raw Pepitas

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