



## Sunflower - Kernels, Organic

<b>Nutrition Facts</b>			
Serving Size: 100g		Serving per Container:	
Amount per Serving			
Calories	570	Calories from Fat:	415
% Daily Value *			
Total Fat	50 g		76 %
Saturated Fat	5 g		26 %
<i>Trans</i> Fat	0 g		
Cholesterol	0 mg		0 %
Sodium	3 mg		0 %
Total Carbohydrates	19 g		6 %
Dietary Fiber	11 g		42 %
Sugars	3 g		
Protein	23 g		
Vitamin A	1%	Vitamin C	2 %
Calcium	12%	Iron	38 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrates		300 g	375 g
Dietary Fiber		25 g	30 g
Calories per gram			
	Fat	9	Carbohydrates 4 Protein 4

**Ingredients: Sunflower Kernels**

\*The values listed above represent data collected from our suppliers and/or the USDA National Database for Standard Reference, Release 19 (2006), to the best of our knowledge, we believe them to be accurate.