



Sunflower-Kernels, Roasted & Salted

Nutrition Facts			
Serving Size:		100g	
Serving per Container:			
Amount per Serving			
Calories	592	Calories from Fat:	429
% Daily Value *			
Total Fat	51 g		78 %
Saturated Fat	7 g		40 %
Trans Fat	0 g		
Cholesterol	0 mg		0 %
Sodium	410 mg		16 %
Total Carbohydrates	23 g		8 %
Dietary Fiber	11 g		44 %
Sugars	3 g		
Protein	20 g		
Vitamin A	0%	Vitamin C	2 %
Calcium	9%	Iron	24 %
* 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, Oil (sunflower, canola, soybean and/or safflower), Salt

*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.

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