

GKI TAMARI PUMPKIN SEEDS (PEPITAS)

02/05/2013

<b>Nutrition Facts</b>	
Serving Size (28g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 110
% Daily Value*	
<b>Total Fat</b> 12g	18%
Saturated Fat 2.5g	13%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 125mg	5%
<b>Total Carbohydrate</b> 5g	2%
Dietary Fiber 1g	4%
Sugars 0g	
<b>Protein</b> 7g	
Vitamin A 2%	• Vitamin C 0%
Calcium 2%	• Iron 20%
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000    2,500
Total Fat	Less than 65g    65g
Saturated Fat	Less than 20g    20g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: PUMPKIN SEED KERNELS, TAMARI SAUCE (WATER, SOYBEANS, RICE, SALT).

Contains Soy.

Allergy Information: This product made in a facility that processes peanuts, tree nuts, soy, wheat and dairy products.

Allergy information: Manufactured on shared equipment with milk containing products. Incidental milk may be present.