

SUNFLOWER SEEDS - RAW

Nutrition Facts	
1 serving per container	
Serving size	1 oz (28g)
Amount per serving	
Calories	170
% Daily Value *	
Total Fat 15g	19%
Saturated Fat 1.5g	6%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	9%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 1.5mg	8%
Potassium 185mg	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories per day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: SUNFLOWER KERNELS.

PRODUCT IS MADE ON THE SAME EQUIPMENT AND MAY CONTAIN TRACES OF MILK, SOY, WHEAT, PEANUTS, TREE NUTS, AND SESAME.