



Raw Organic Pepitas

Nutrition Facts

Serving Size: 1/4 cup (30g)

Servings per Container: N/A

Amount per Serving

Calories 180	Calories From Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 9g	

Vitamin A 2% * Vitamin C 0%
Calcium 0% * Iron 15%

*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: Organic Raw Pepitas

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