

83000\_AI.tif

**NUTRITION FACTS - Jumbo Squash Seeds**

**BEST BEFORE 12/20/13**

Net Wt. 10 oz (283 g) Serving Size 30g (3 tablespoons). Servings per container 9

**Amount Per Serving**

Calories 165	Calories from Fat 127	Total Fat 14g 20%	Total Carbs 3g 1%
Sat. Fat 2g 11%	Fiber 2g 2%	Trans Fat 0	Cholesterol 0g 0%
Sugar 1g	Sodium 48mg** 2%	Protein 8g	
Vitamin A 0%	Vitamin C 2%	Calcium 0%	Iron 10%



Percent Daily Values Based on a 2000 Calorie Diet. Manufactured on equipment that also processes peanuts, tree nuts, soy, milk and wheat products.

Ingredients: Squash seeds, (pumpkin seeds), salt (tricalcium phosphate), flour (bleached wheat flour, malted barley flour), titanium dioxide (white color).

\*\*Please do not eat shell. Nutrition facts are for kernal only. Eating the shell as well would bring the sodium total to 3820 mg.