

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

Nutrition		Amount/Serving	% DV*	Amount/Serving	% DV*
Facts					
Serving Size 30g	Total Fat	14g	20%		
Servings Per Container 13	Sat Fat	2g	11%	Total Carb.	3g 1%
Calories 165	Trans Fat	0		Fiber	2g 2%
Fat Cal 127	Cholest.	0mg	0%	Sugars	1g
*Percent Daily Values	Sodium	48mg**	2%	Protein	8g
(DV) are based on	2,000 calorie diet Vitamin A 0% Vitamin C 2% Calcium 0% Iron 10%				
Manufactured in a facility that processes peanuts & other tree nuts.					

Net Wt. 14 oz. (397 g)

****Nutrition facts are for kernal only. Eating the shell as well would bring the sodium total to 3820 mg.**

Best Before 02/18/11

