

PUMPKIN SEEDS RS

Nutrition Facts	
1 serving per container	
Serving size	1 oz (28g)
Amount per serving	
Calories	160
% Daily Value *	
Total Fat 14g	18%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 4g	2%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 10mg	2%
Iron 2.3mg	15%
Potassium 220mg	4%
<small>* 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.</small>	

INGREDIENTS: PUMPKIN SEEDS ROASTED IN PEANUT AND/OR COTTONSEED AND/OR SUNFLOWER SEED AND/OR CANOLA OIL, SALT.

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

PRODUCT FROM CHINA.

PACKAGED IN USA.