



**SUNRISE
COMMODITIES**
INCORPORATED

Oil Roasted Unsalted Pepitas

Nutrition Facts

Serving Size: 100g

Servings per Container: NA

Amount per Serving

Calories 630

Calories From Fat 455

% Daily Value*

Total Fat 53g 82%

Saturated Fat 7g 35%

Trans Fat 0g

Cholesterol 0g 0%

Sodium 0mg 0%

Total Carbohydrate 11g 4%

Dietary Fiber 4g 16%

Sugars 0g

Protein 32g

Vitamin A 0% * Vitamin C 0%

Calcium 7% * Iron 49%

*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: Shelled Pumpkin Seeds,
Canola Oil**

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