

PRODUCT NAME: Roasted & Salted Lady Nail Pumpkin Seeds

INGREDIENTS: Pumpkin seeds, Salt,

Nutrition Facts	
Serving Size	1/3 cup (35 g) whole seeds
Servings Per Container	varies
Amount per Serving	
Calories 150	Calories from Fat 110
% Daily Value*	
Fat 13 g	18%
Saturated Fat 3 g	15%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 40 mg**	2%
Potassium 0 mg	0%
Carbohydrate 2 g	1%
Dietary Fiber 0 g	0%
Sugars 1 g	
Protein 8 g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	8%

Calories per gram:

Fat 9 Carbohydrates 4 Protein 4

*Percent Daily Values are based on a 2,000 calorie diet.

**Nutrition facts are for the pumpkin seed kernel. Eating the