

SUNFLOWER KERNELS – SALTED

Nutrition Facts	
5 servings per container	
Serving size	1 oz (28g)
Amount per serving	
Calories	170
% Daily Value *	
Total Fat 15g	19%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1.2mg	6%
Potassium 140mg	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: SUNFLOWER KERNELS ROASTED IN VEGETABLE OIL (PEANUT, COTTONSEED, SUNFLOWER SEED AND/OR CANOLA), SALT.

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