



Healthy Heart Mix

Ingredients: Raw Pepitas, Raw Almonds, Raw Walnuts, Raw Sunflower Seeds, Cranberries (Sugar, Sunflower Oil), Brown Flax Seeds, Roasted Peanuts (Peanut/Canola/Canola Oil)

Country of Origin: USA

Kosher: 

Organic: N/A

Allergen: Tree Nut, Peanut

Manufacturer's Statement: Manufactured in a facility that processes/packages products that contain peanuts, tree nuts, milk, soy & wheat.

Nutritional Facts

Serving Size	30g	
Calories	151	
		% DV*
Total Fat	11g	17%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	7mg	0%
Total Carbohydrates	11g	4%
Dietary Fiber	2g	8%
Total Sugars	8g	
Includes Added Sugar	6g	12%
Protein	5g	
Vitamin D	0mcg	0%
Calcium	14mg	1%
Iron	1mg	6%
Potassium	146mg	4%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.