





Organic Raw Pepitas (Shelled Pumpkin Seeds)

Ingredients: Organic Raw Pepitas (Shelled Pumpkin Seeds)

Country of Origin: China

Kosher: 

Organic: 

Allergen: N/A

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	168	
		% DV*
Total Fat	15g	23%
Saturated Fat	3g	15%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	2mg	0%
Total Carbohydrates	3g	1%
Dietary Fiber	2g	8%
Total Sugars	0g	
Includes Added Sugar	0g	0%
Protein	9g	
Vitamin D	0mcg	0%
Calcium	15mg	2%
Iron	3mg	17%
Potassium	179mg	5%

* 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.