




Raw Sunflower Seeds (Shelled)

Ingredients: Raw Sunflower Seeds (Shelled)

Country of Origin: USA/Bulgaria/China

Kosher: 

Organic: N/A

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	175	
		% DV*
Total Fat	15g	23%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	3mg	0%
Total Carbohydrates	6g	2%
Dietary Fiber	3g	12%
Total Sugars	1g	
Includes Added Sugar	0g	0%
Protein	6g	
Vitamin D	0mcg	0%
Calcium	23mg	2%
Iron	2mg	11%
Potassium	194mg	6%

* 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.