




Roasted Pumpkin Seeds (Unsalted)

Ingredients: Pumpkin Seeds

Country of Origin: 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	130	
		% DV*
Total Fat	6g	9%
Saturated Fat	3g	15%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrates	16g	5%
Dietary Fiber	6g	24%
Total Sugars	0g	
Includes Added Sugar	0g	0%
Protein	6g	
Vitamin D	0mcg	0%
Calcium	17mg	2%
Iron	1mg	6%
Potassium	276mg	8%

* 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.