




Roasted Sunflower Seeds (Shelled, Unsalted)

Ingredients: Sunflower Kernels (Cottonseed Oil/Sunflower Oil/Canola Oil)

Country of Origin: USA/Argentina/Bulgaria

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	182	
		% DV*
Total Fat	16g	25%
Saturated Fat	2g	10%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrates	6g	2%
Dietary Fiber	3g	12%
Total Sugars	1g	
Includes Added Sugar	0g	0%
Protein	6g	
Vitamin D	0mcg	0%
Calcium	21mg	2%
Iron	1mg	6%
Potassium	150mg	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.