

Honey Roasted Sunflower Seeds

Nutrition Facts

Serving Size 28g

Serving Per Container 1

Amount Per Serving

Calories 160 Calories from Fat 120

% Daily Value *

Total Fat 14g **22%**

Saturated Fat 1g **5%**

Trans Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 55mg **2%**

Total Carbohydrate 8g **3%**

Dietary Fiber 2g **8%**

Sugars 4g

Protein 5g

Vitamin A 0% Vitamin C 0%

Calcium 2% Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Value may be higher or lower depending on your calorie needs.