Lightly Salted Sunflower Seeds

Nutrition Facts

Serving Size 28g
Serving Per Container 1

Amount Per Serving

Calories 170 Calories from Fat 150

	% Daily Value *
Total Fat 16g	**25**%
Saturated Fat 1.5g	**8**%
Trans Fat 0g	**0**%
Cholesterol 0mg	**0**%
Sodium 110mg	**5**%
Total Carbohydrate 4g	**1**%
Dietary Fiber 2g	**8**%
Sugars 1g	
Protein 6g	

Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 10%

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