Pepitas - Dry Roasted & Salted

Total Fat 12 g 18						
Total Fat 12 g 18	Amount per Serving					
Total Fat	Calories	146	Calories fr	om F	at:	99
Saturated Fat 2 g 11 Trans Fat 0 g 0 Cholesterol 0 mg 0 g Sodium 161 mg 7 Total Carbohydrates 4 g 1 Dietary Fiber 1 g 4 Sugars 1 g 4 Protein 9 g Vitamin A 2% Vitamin C 1 Calcium 1% Iron 23 * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on calorie needs. Calories: 2,000 2,500 Total Fat Less than 65 g 80 g Sat Fat Less than 20 g 25 g Cholesterol Less than 300 mg 300 mg Sodium Less than 2,400 mg 2,400 mg Total Carbohydrates 300 g 375 g			% [Daily	Value *	
Trans Fat 0 g Cholesterol 0 mg 0 mg Sodium 161 mg 7 Total Carbohydrates 4 g 1 Dietary Fiber 1 g 4 Sugars 1 g Protein Protein 9 g Protein Vitamin A 2% Vitamin C 1 Calcium 1% Iron 23 * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on calorie needs. Calories: 2,000 2,500 Total Fat Less than 65 g 80 g 80 g Sat Fat Less than 20 g 25 g Cholesterol Less than 300 mg 300 mg Sodium Less than 2,400 mg 2,400 mg Total Carbohydrates 300 g 375 g	Total Fat	12	g		18	%
Cholesterol 0 mg 0 mg Sodium 161 mg 7 Total Carbohydrates 4 g 1 Dietary Fiber 1 g 4 Sugars 1 g Protein Protein 9 g Vitamin A 2% Vitamin C 1 Calcium 1% Iron 23 * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on calorie needs. Calories: 2,000 2,500 Total Fat Less than 65 g 80 g Sat Fat Less than 20 g 25 g Cholesterol Less than 300 mg 300 mg Sodium Less than 2,400 mg 2,400 mg Total Carbohydrates 300 g 375 g	Saturated Fat				11	%
Sodium	Trans Fat	0	g			
Total Carbohydrates 4 g 1 Dietary Fiber 1 g 4 Sugars 1 g Protein 9 g Vitamin A 2% Vitamin C 1 Calcium 1% Iron 23 * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on calorie needs. Calories: 2,000 2,500 Total Fat Less than 65 g 80 g Sat Fat Less than 20 g 25 g Cholesterol Less than 300 mg 300 g Sodium Less than 2,400 mg 2,400 mg Total Carbohydrates 300 g 375 g	Cholesterol					%
Dietary Fiber 1 g		161	mg			%
Sugars 1 g Protein 9 g Vitamin A 2% Vitamin C 1 con 23 con 2		4	g			%
Vitamin A 2% Vitamin C 1 Calcium 1% Iron 23 * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on calorie needs. Calories: 2,000 2,500 Total Fat Less than 65 g 80 Sat Fat Less than 20 g 25 Cholesterol Less than 300 mg 3,400 Sodium Less than 2,400 mg 2,400 Total Carbohydrates 300 g 375	Dietary Fiber	1	g		4	%
Vitamin A 2% Vitamin C 1 Calcium 1% Iron 23 * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on calorie needs. Calories: 2,000 2,500 Total Fat Less than 65 g 80 Sat Fat Less than 20 g 25 Cholesterol Less than 300 mg 300 Sodium Less than 2,400 mg 2,400 Total Carbohydrates 300 g 375	Sugars					
Calcium 1% Iron 23 * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on calorie needs. Calories: 2,000 2,500 Total Fat Less than 65 g 80 Sat Fat Less than 20 g 25 Cholesterol Less than 300 mg 300 Sodium Less than 2,400 mg 2,400 Total Carbohydrates 300 g 375	rotein	9	9			
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on calorie needs. Calories: 2,000 2,500	/itamin A	2%	Vitam	in C	1	%
Your daily values may be higher or lower depending on calorie needs. Calories: 2,000 2,500 Total Fat Less than 65 g 80 g Sat Fat Less than 20 g 25 g Cholesterol Less than 300 mg 300 g Sodium Less than 2,400 mg 2,400 g Total Carbohydrates 300 g 375 g	Calcium	1%		Iron	23	%
Sat Fat Less than 20 g 25 g Cholesterol Less than 300 mg 300 g Sodium Less than 2,400 mg 2,400 mg Total Carbohydrates 300 g 375 g	Percent Daily Values	are based on	a winge our			
Cholesterol Less than 300 mg 300 mg Sodium Less than 2,400 mg 2,400 mg Total Carbohydrates 300 g 375 g	Your daily values may calorie needs.	be higher or le	ower deper	nding	2,500	
Sodium Less than 2,400 mg 2,400 Total Carbohydrates 300 g 375	Your daily values may calorie needs. Fotal Fat	Calories:	2,000 65	nding	2,500 80	
Total Carbohydrates 300 g 375	Your daily values may calorie needs. Fotal Fat Sat Fat	Calories: Less than Less than	2,000 65 20	nding g g	2,500 80 25	g
: B	Your daily values may calorie needs. Fotal Fat Sat Fat Cholesterol	Calories: Less than Less than Less than	2,000 65 20 300	g g mg	2,500 80 25 300	g mg
	Your daily values may calorie needs. Fotal Fat Sat Fat Cholesterol Sodium	Calories: Less than Less than Less than	2,000 65 20 300 2,400	g g mg mg	2,500 80 25 300 2,400	g mg mg
Dietary Fiber 25 g 30	Your daily values may calorie needs. Fotal Fat Sat Fat Cholesterol Godium Fotal Carbohydrates	Calories: Less than Less than Less than	2,000 65 20 300 2,400 300	g g mg mg	2,500 80 25 300 2,400 375	g mg mg

Ingredients

Pumpkin Seed Kernels, Salt, Organic Gum Arabia

^{*}The values listed above represent data collected from our suppliers and/or the USDA National Database for Standard Reference, Release 19 (2006), to the best of our knowledge, we believe them to be accurate.