

# Pumpkin Seeds - Grown Without Shell

<b>Nutritional Information</b>			
Serving Size:		100g	
<b>Amount per Serving</b>			
Calories	541	Calories from Fat:	414
% Daily Value *			
Total Fat	46 g		71 %
Saturated Fat	9 g		43 %
<i>Trans</i> Fat	0 g		
Cholesterol	0 mg		0 %
Sodium	18 mg		1 %
Total Carbohydrates	18 g		6 %
Dietary Fiber	4 g		16 %
Sugars	1 g		
Protein	25 g		
Vitamin A	8%	Vitamin C	3 %
Calcium	4%	Iron	83 %
* 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
Dietary Fiber		25 g	30 g
<b>Calories per gram</b>			
	Fat	9	Carbohydrates 4 Protein 4

**Ingredients:** Pumpkin Seed

\*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.