

Pumpkin-Inshell Roasted/Salted

Nutrition Facts

Serving Size: 1 oz (28g)

Serving per Container:

Amount per Serving

Calories 125 Calories from Fat: 45

% Daily Value *

Total Fat	5 g	8 %
Saturated Fat	1 g	5 %
<i>Trans</i> Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	161 mg	7 %
Total Carbohydrates	15 g	5 %
Dietary Fiber	~ g	0 %
Sugars	~ g	
Protein	5 g	

Vitamin A	0%	Vitamin C	0 %
Calcium	2%	Iron	5 %

* 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

Calories per gram			
Fat	9	Carbohydrates	4
		Protein	4

Ingredients: Roasted Inshell Pumpkin Seeds, Salt

*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.