

Safflower Seed

Nutrition Facts

Serving Size: 1 oz (28g)

Serving per Container: n/a

Amount per Serving

Calories 146 Calories from Fat: 91

% Daily Value *

Total Fat 11 g 17 %

Saturated Fat 1 g 5 %

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 1 mg 0 %

Total Carbohydrates 10 g 3 %

Dietary Fiber ~ g ~ %

Sugars ~ g

Protein 5 g

Vitamin A 0% Vitamin C 0 %

Calcium 2% Iron 8 %

* 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: Safflower 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.