## Sunflower-Bakery Kernel, Organic

Sodium         5 mg         0           Total Carbohydrates         18 g         6           Dietary Fiber         10 g         40           Sugars         3 g         Protein         22 g           Vitamin A         ~%         Vitamin C         ~           Calcium         ~%         Iron         ~           * 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	Serving per Conta	100g ainer:	n/a			
Total Fat   50 g   76	Amount per Servi	ng				-
Total Fat         50 g         76           Saturated Fat         6 g         30           Trans Fat         <0.1 g         0           Cholesterol         0 mg         0           Sodium         5 mg         0           Total Carbohydrates         18 g         6           Dietary Fiber         10 g         40           Sugars         3 g         9           Protein         22 g         Vitamin C         ~           Vitamin A         ~%         Vitamin C         ~           Calcium         ~%         Iron         ~           * 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         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	Calories	570	Calories fr			
Saturated Fat         6 g         30           Trans Fat         <0.1 g				% Da	aily Valu	e *
Trans Fat         <0.1 g           Cholesterol         0 mg         0           Sodium         5 mg         0           Total Carbohydrates         18 g         6           Dietary Fiber         10 g         40           Sugars         3 g           Protein         22 g           Vitamin A         ~%         Vitamin C         ~           Calcium         ~%         Iron         ~           * 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	Total Fat		50 g		76	%
Cholesterol         0 mg         0           Sodium         5 mg         0           Total Carbohydrates         18 g         6           Dietary Fiber         10 g         40           Sugars         3 g           Protein         22 g           Vitamin A         ~%         Vitamin C         ~           Calcium         ~%         Iron         ~           * 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	Saturated Fat	-	6 g		30	%
Sodium         5 mg         0           Total Carbohydrates         18 g         6           Dietary Fiber         10 g         40           Sugars         3 g           Protein         22 g           Vitamin A         ~%         Vitamin C         ~           Calcium         ~%         Iron         ~           * 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	Trans Fat	<(	0.1 g			
Total Carbohydrates         18 g         6           Dietary Fiber         10 g         40           Sugars         3 g           Protein         22 g           Vitamin A         ~%         Vitamin C         ~           Calcium         ~%         Iron         ~           * 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 mg           Total Carbohydrates         300 g         375	Cholesterol		0 mg			%
Dietary Fiber         10 g         40 g           Sugars         3 g         9           Protein         22 g         9           Vitamin A         ~%         Vitamin C         ~           Calcium         ~%         Iron         ~           * 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 g           Sodium         Less than         2,400 mg         2,400 mg           Total Carbohydrates         300 g         375						%
Sugars         3 g           Protein         22 g           Vitamin A         ~%         Vitamin C         ~           Calcium         ~%         Iron         ~           * 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	Total Carbohydra	tes	18 g		6	%
Vitamin A         ~%         Vitamin C         ~           Calcium         ~%         Iron         ~           * 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	17	10 g		40	%
Vitamin A ~% Vitamin C ~  Calcium ~% Iron ~  * 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		3 g .			
Calcium         ~%         Iron         ~           * 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	Protein		22 g			
* 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	Vitamin A	~%	Vitan	nin C	~	%
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	Calcium	~%		Iron	~	%
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	Your daily values	may be higher	or lower depe	nding	g on 2,500	
Cholesterol         Less than         300 mg         300           Sodium         Less than         2,400 mg         2,400           Total Carbohydrates         300 g         375			- CE	5		-
Sodium Less than 2,400 mg 2,400 Total Carbohydrates 300 g 375	Total Fat			-		-
Total Carbohydrates 300 g 375	Total Fat Sat Fat	Less tha	n 20	9	200	***
	Total Fat Sat Fat Cholesterol	Less tha	n 20 n 300	mg		
Dietary Fiber 25 g 30	Total Fat Sat Fat Cholesterol Sodium	Less tha Less tha Less tha	n 20 n 300 n 2,400	mg mg	2,400	m

Ingredients:

Sunflower Kernels