

Sunflower-Bakery Kernel

Nutrition Facts

Serving Size: 100g
Serving per Container: n/a

Amount per Serving

Calories	570	Calories from Fat:	
% Daily Value *			
Total Fat	50 g		76 %
Saturated Fat	6 g		30 %
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 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: Sunflower Kernels

*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.