

# Sunflower-Inshell

## Nutrition Facts

Serving Size: 100g\*\*

Serving per Container:

### Amount per Serving

Calories 565      Calories from Fat: 405

### % Daily Value \*

Total Fat	45 g	69 %
Saturated Fat	5 g	25 %
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	0%	Vitamin C	0 %
Calcium	9%	Iron	28 %

\* 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 Seeds

\*\*Edible kernel portion from approximately 200g of sunflower seeds