

Sunflower-Kernels, Raw

Nutrition Facts

Serving Size: 100g

Serving per Container:

Amount per Serving

Calories 570 Calories from Fat: 415

% Daily Value *

Total Fat	50 g	76 %
Saturated Fat	5 g	26 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	3 mg	0 %
Total Carbohydrates	19 g	6 %
Dietary Fiber	11 g	42 %
Sugars	3 g	
Protein	23 g	

Vitamin A 1% Vitamin C 2 %
Calcium 12% Iron 38 %

* 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.