

Sunflower Seeds  
Serving Size



(144g) grams  
Amount Per Serving

Calories 840

	% Daily Value *
Total Fat 74 g	95%
Saturated Fat 6 g	32%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 15 mg	1%
Total Carbohydrate 29 g	10%
Dietary Fiber 12 g	44%
Total Sugars 4 g	
Includes 0 g Added Sugars	0%
Protein 30 g	
Vitamin D 0 mcg	0%
Calcium 112 mg	8%
Iron 8 mg	40%
Potassium 930 mg	20%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Allergens:  
Ingredients:

