

## Sunflower Seeds

### Serving Size

(144g) grams

Amount Per Serving

**Calories** **840**

	% Daily Value *
<b>Total Fat</b> 74 g	<b>95%</b>
Saturated Fat 6 g	<b>32%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 15 mg	<b>1%</b>
<b>Total Carbohydrate</b> 29 g	<b>10%</b>
Dietary Fiber 12 g	<b>44%</b>
Total Sugars 4 g	
Includes 0 g Added Sugars	<b>0%</b>
<b>Protein</b> 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:

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