

Nutrition Facts		
About 3 servings per container		
Serving size	About 3 Tbsp hulled seeds with seasoning (28g)	
Calories	PER SERVING	PER PACKAGE
	180	510
	5.00*	5.00*
Total Fat	15g	19%
Saturated Fat	7.5g	42g 54%
Trans Fat	0g	7% 21%
Cholesterol	0mg	0% 0%
Sodium	640mg	28% 820mg 79%
Total Carb.	5g	2%
Dietary Fiber	2g	7% 19g 5%
Total Sugars	less than 1g	3g 20%
Protein	5g	
Vitamin D	0.2mcg	0% 0.4mcg 2%
Calcium	30mg	0% 60mg 4%
Iron	1.0mg	6% 16mg 20%
Potassium	14mg	2% 40mg 6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a diet of 2,000 calories. A diet of 1,000 calories a day is used for general nutrition advice.

Not a significant source of added sugars.

INGREDIENTS: SUNFLOWER SEEDS, SALT, AND LESS THAN 2% OF BROWN SUGAR, OLIVE OIL, SUGAR, PEPPER, MONOSODIUM GLUTAMATE, ONION POWDER, GARLIC POWDER, SPICES, DEHYDRATED GARLIC, AND NATURAL FLAVORS.

Manufactured for Frito-Lay, Inc.
Plano, Texas 75024-4099
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Questions & Comments? 1-877-572-7489
Weekdays 9:00 am to 4:30 pm Central Time

EATING INSTRUCTIONS: CRACK OPEN SHELS.

DISCARD SHELS. ENJOY THE SEEDS!

CONTAINS NUTS AND OTHER ALLERGENS. KEEP OUT OF REACH OF CHILDREN.

CONTAINS 100% RECYCLED PLASTIC.

smartlabel



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SLSPITZ-4C SDESSAL 8977008

①

NET WT. 6 OZ.
(170.1 g)

• SUNFLOWER SEEDS •



• SINCE •
SHELLIN' ♦ SPITTIN' ♦
• 1982 •

• FIRE •
ROASTED ♦ SALTED ♦
SEEDS ♦

• SEASONED •

SPITZ®

BIG SEEDS WITH BIG PERSONALITY™

GRIP IT