BIG SEEDS WITH BIG PERSONALITY™

GRIP IT

SPITZ®

CRACKED PEPPER
FLAVORED

SINCE 1982 • SHELLIN' & SPITTIN'

FIRE ROASTED & SALTED SEEDS

PUMPKIN SEEDS

NET WT. 4 OZ.
(113.4 g)

Ⓤ

CHOKE WARNING: DO NOT GIVE TO CHILDREN YOUNGER THAN 4 YEARS OLD.

smartlabel™
Scan here for more food information or call 1-877-571-7489

Questions & Comments? 1-877-571-7489 Weekdays 9:00 am to 4:30 pm Central Time

Check out our bold lineup of flavors VISIT SPITZUSA.COM FOR MORE.

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Nutrition Facts
About 3 seasoned hulled seeds or 4 seasoned seeds in shell servings per container

Serving size **About 1/4 cup seasoned hulled seeds or 1/2 cup seasoned seeds in shell (28g)**

	1 oz seasoned hulled seeds		1 oz seasoned seeds in shell	
Calories	**150**		**150**	
		% DV*		% DV*
Total Fat	12g	16%	10g	12%
Saturated Fat	2g	11%	2g	10%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	830mg	36%	660mg	29%
Total Carb.	5g	2%	9g	3%
Dietary Fiber	2g	6%	8g	28%
Total Sugars	0g		less than 1g	
Protein	8g		7g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	20mg	0%	20mg	0%
Iron	2.1mg	10%	1.6mg	8%
Potassium	220mg	4%	260mg	4%

Not a significant source of added sugars.

* 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.

INGREDIENTS: PUMPKIN SEEDS, SEA SALT, SALT, MALTODEXTRIN (MADE FROM CORN), YEAST EXTRACT, BLACK PEPPER, CITRUS ACID, ONION POWDER, GARLIC POWDER, SUGAR, GUM ACACIA, SUNFLOWER OIL, AND NATURAL FLAVOR.

Manufactured for Frito-Lay, Inc.
Plano, Texas 75024-4099
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SPITZ®

CRACKED PEPPER
FLAVORED

— A —
BURST®
— OF —
FLAVOR
IN EVERY SPITZ®

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BIG PERSONALITY™