
Nutrition Facts
About 3 servings per container
Serving size About 3 Tbsp hulled seeds with salt (28g)
Calories Per serving 180 Per package 510
% DV* % DV*
Total Fat 16g 20% 43g 56%
Saturated Fat 1.5g 8% 4g 21%
Trans Fat 0g 0g
Cholesterol 0mg 0% 0mg 0%
Sodium 650mg 28% 1820mg 79%
Total Carb. 4g 2% 12g 4%
Dietary Fiber 2g 7% 6g 20%
Total Sugars less than 1g 2g
Protein 7g 18g
Vitamin D 0.2mcg 0% 0.4mcg 2%
Calcium 20mg 0% 60mg 4%
Iron 1.3mg 6% 3.7mg 20%
Potassium 150mg 2% 410mg 8%
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: SUNFLOWER SEEDS AND SALT.
Manufactured for Frito-Lay, Inc.
Plano, Texas 75024-4099
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Questions & Comments? 1-877-577-7489
Weekdays 9:00 am to 4:30 pm Central Time
SPITZ
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A BURST OF FLAVOR IN EVERY SPITZ®
BIG SEEDS WITH BIG PERSONALITY™
EATING INSTRUCTIONS: CRACK OPEN SHELLS, DISCARD SHELLS, ENJOY THE SEEDS!
CHOKE WARNING: DO NOT GIVE TO CHILDREN YOUNGER THAN 4 YEARS OLD.
smartlabel
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SL-SPTZ-4C SIDESEAL 996993
NET WT. 6 OZ. (170.1 g)
SUNFLOWER SEEDS
SINCE 1982 SPLITTIN' SHELLIN'
FIRE ROASTED SALTED SEEDS
ORIGINAL
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BIG SEEDS WITH BIG PERSONALITY™
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