

EATING INSTRUCTIONS:
CRACK OPEN SHELLS,
DISCARD SHELLS,
ENJOY THE SEEDS!

Visit www.spitzusa.com
to learn all about our history and
our variety of unique flavors!

Questions & Comments? 1-877-577-1489
Weekdays 9:00 am to 4:30 pm Central Time

CHOKE WARNING: Do not give to
children younger than 4 years old.

smartlabel



Scan here for more food information
or call 1-877-577-7489

NET WT. 2 OZ. (56.7 g)

**SUNFLOWER
- SEEDS -**

◆ SINCE ◆
SHELLIN' & SPITTIN'
◆ 1982 ◆

• DILL • PICKLE



Nutrition Facts

1 serving per container

Serving size
1 package hulls seeds

**1 package pulled seeds
with seasoning**

Calories 170

per serving 170

	Amount/serving	% Daily Value*
Total Fat	10g	20%
Sodium	100mg	20%
Total Carbohydrate	10g	20%
Dietary Fiber	1g	2%
Sugars	10g	20%
Protein	10g	20%

Total Fat 14g **18%**

Saturated Fat 1.5g

Trans Fat 0g

Cholesterol Umg	0%
Sodium 650mg	28%

Quinto premio

Vitamin D 0.1mcg 0% • Calcium 20mg 0%

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Total Fat	10g	20%
Sodium	100mg	20%
Total Carbohydrate	10g	20%
Dietary Fiber	1g	2%
Sugars	10g	20%
Protein	10g	20%

Total Carbohydrate 5g 2%

Dietary Fiber 2g

Total Sugars less than 1g

Protein 6g

Includes 1g Added Sugars 1%

Protein by

• Iron 1.2mg • Potassium 130mg 2%

INGREDIENTS: SUNFLOWER SEEDS, SALT, AND LESS THAN 2% OF SODIUM DIACETATE, MALTODEXTRIN (MADE FROM CORN), SUGAR, MONOSODIUM GLUTAMATE, SPICES (INCLUDING DILL WEED), CITRIC ACID, OLIVE OIL, AND NATURAL FLAVORS.

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