

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? • 1-877-577-7469
Weekdays 9:00 am to 4:30 pm Central Time

CHOKO 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 ◆

RANCH- FLAVORED



Nutrition Facts

1 serving per container

Serving size
1 package hulled seeds
with seasoning

Calories
per serving
180

Amount/serving	% Daily Value*
Total Fat 16g	20%
Saturated Fat 1.5g	8%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 1370mg	60%

Vitamin D 0.1mcg 0% • Calcium 30mg 2%

Amount/serving	% Daily Value*
Total Carbohydrate 4g	2%
Dietary Fiber 2g	6%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 6g	

Iron 1.1mg 6% • Potassium 140mg 2%

INGREDIENTS: SUNFLOWER SEEDS, SALT, SUNFLOWER OIL, BUTTERFLINX, AND LESS THAN 2% OF CHEDDAR CHEESE MILK, CHEESE CULTURES, SALT, ENZYMES; TOMATO POWDER, WHEY, OVINO POWDER, CORN STARCH, GARLIC POWDER, MONOSODIUM GLUTAMATE, SUGAR, DEXTROSE, MALIC ACID, ARTIFICIAL COLOR OR YELLOW 5, YELLOW 6, BLUE 1, RED 40, SODIUM ACETATE, SPICES, NATURAL AND ARTIFICIAL FLAVORS, DISODIUM MONOPHOSPHATE, AND DISODIUM GUANYLATE. CONTAINS MILK INGREDIENTS.

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