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or call 1-877-577-7489

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

Questions & Comments? 1-877-577-7489
Weekdays 9:00 am to 4:30 pm Central Time

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



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



NET WT. 2 OZ. (56.7 g)

◆ SINCE ◆
SHELLIN' ◆ SPITTIN' ◆
◆ 1982 ◆



Fritos
BAR-B-Q
FLAVORED

Nutrition Facts

1 serving per container

Serving size
1 package hulled seeds
with seasoning

Calories
per serving

Amount/serving	% Daily Value*
Total Fat 14g	18%
Saturated Fat 1.5g	7%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 420mg	18%
Vitamin D 0.1mcg	0% • Calcium 20mg

Amount/serving	% Daily Value*
Total Carbohydrate 5g	2%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes less than 1g Added Sugars	1%
Protein 6g	
Iron 1.3mg	6%
Potassium 140mg	2%

INGREDIENTS: SUNFLOWER SEEDS, SALT, AND LESS THAN 2% OF SUGAR, FRUCTOSE, CORN MALTODEXTRIN, MONOSODIUM GLUTAMATE, MOLASSES, ONION POWDER, SPICES, NATURAL FLAVORS, CITRIC ACID, DISODIUM INOSINATE, DISODIUM GUANYLATE, AND PAPRIKA EXTRACT (COLOR).

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