
Nutrition Facts
About 3 servings per container
Serving size
About 3 Tbsp hulled seeds with seasoning (28g)
Calories
Per serving 180
Per package 510
% DV*
Total Fat 14g 19% 42g 53%
Saturated Fat 1.5g 7% 4g 20%
Trans Fat 0g 0g
Cholesterol 0mg 0% 0mg 0%
Sodium 680mg 29% 1950mg 85%
Total Carb. 5g 2% 15g 6%
Dietary Fiber 2g 7% 5g 20%
Total Sugars less than 1g 3g
Incl. Added Sugars 0g 1% 1g 2%
Protein 6g 17g
Vitamin D 0.1mcg 0% 0.4mcg 2%
Calcium 20mg 0% 60mg 4%
Iron 1.2mg 6% 3.6mg 15%
Potassium 140mg 2% 400mg 8%
* 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, 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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Questions & Comments? 1-877-577-7489
Weekdays 9:00 am to 4:30 pm Central Time
EATING INSTRUCTIONS: CRACK OPEN SHELLS, DISCARD SHELLS, ENJOY THE SEEDS!
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
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SL-SPTZ-4C SIDESEAL 996994
NET WT. 6 OZ. (170.1 g)
SUNFLOWER SEEDS
SINCE 1982 SHELLIN' & SPITTIN'
FIRE ROASTED & SALTED SEEDS
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GRIP IT