

BIG SEEDS™

WITH BIG PERSONALITY™

GRIP IT 

SPITZ®

SEASONED

•SINCE•
SHELLIN' ♦ SPITTIN'™
•1982•

♦FIRE♦
ROASTED ♦ SALTED
♦SEEDS♦



PUMPKIN SEEDS

NET WT. 4 OZ.
(113.4 g)



Questions & Answers
1-877-577-7468
Weekdays
9:00 am to 4:30 pm
Central Time

smartlabel®



Scan the QR code to get more information



Nutrition Facts		
About 3 seasoned hulled seeds or 4 seasoned seeds in shell servings per container		
Serving size About 1/4 cup seasoned hulled seeds or 1/3 cup seasoned seeds in shell (28g)		
Calories	150	150
1 oz seasoned hulled seeds 1 oz seasoned seeds in shell		
Total Fat	13g	16% %DV
Saturated Fat	2g	11% 13%
Trans Fat	0g	0% 11%
Cholesterol	0mg	0% 0%
Sodium	770mg	34% 0%
Total Carb	4g	2% 27%
Dietary Fiber	2g	6% 3%
Total Sugars	8g	16% 28%
Protein	8g	16% 7%
Vitamin D	0mcg	0% 0%
Calcium	10mg	0% 0%
Iron	2.1mg	10% 8%
Potassium	200mg	4% 4%
Not a significant source of added sugars		
*This % 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: PUMPKIN SEEDS, SALT, SUGAR, PAPRIKA, MONOSODIUM GLUTAMATE, CORN STARCH, SPICES, ONION POWDER, GARLIC POWDER, SUNFLOWER OIL, TURMERIC, AND NATURAL FLAVOR.

Manufactured for Frito-Lay, Inc.
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BURST
OF
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