Nutrition Facts

About 3 servings per container

Serving size **About 3 Tbsp hulled seeds with seasoning (28g)**

	Per serving		Per package	
Calories	**180**		**510**	
		% DV*		**% DV***
Total Fat	15g	**19%**	42g	**54%**
Saturated Fat	1.5g	**7%**	4g	**21%**
Trans Fat	0g		0g	
Cholesterol	0mg	**0%**	0mg	**0%**
Sodium	450mg	**19%**	1260mg	**55%**
Total Carb.	5g	**2%**	14g	**5%**
Dietary Fiber	2g	**7%**	6g	**20%**
Total Sugars	1g		4g	
Incl. Added Sugars	<1g	**1%**	2g	**4%**
Protein	6g		18g	
Vitamin D	0.2mcg	0%	0.4mcg	2%
Calcium	20mg	0%	60mg	4%
Iron	1.3mg	6%	3.8mg	20%
Potassium	140mg	2%	410mg	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 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

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

SPITZ

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— A —
BURST
— OF —
FLAVOR
IN EVERY SPITZ®

BIG SEEDS WITH
BIG PERSONALITY™

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

CHOKE WARNING: DO NOT GIVE TO CHILDREN YOUNGER THAN 4 YEARS OLD.

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NET WT. 6 OZ. (170.1 g)

SUNFLOWER SEEDS

SINCE 1982
SHELLIN' & SPITTIN'

FIRE
ROASTED & SALTED
SEEDS

Fritos® BAR·B·Q FLAVORED

SPITZ®

BIG SEEDS WITH BIG PERSONALITY™

GRIP IT & RIP IT