

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

Visit www.spitzusa.com
and 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.

smartlabel



Scan here for more food information
or call 1-877-577-7488



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SI-SPT7-4C IAP 996872

NET WT. 2 OZ. (56.7 g)

**SUNFLOWER
- SEEDS -**

◆ SINCE ◆
SHELLIN' ◆ SPITTIN'
◆ 1982 ◆

FLAVORED WITH OTHER NATURAL FLAVORS

Flamin' Hot® LIMÓN



Nutrition Facts

1 serving per container

Serving size
1 package hulled seeds
with seasoning

Calories
per serving
170

Amount/serving	% Daily Value *
Total Fat 14g	18%
Saturated Fat 1.5g	7%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 770mg	34%

Vitamin D 0.1mcg 0% • Calcium 30mg 2%

Amount/serving	% Daily Value*
Total Carbohydrate 5g	2%
Dietary Fiber 2g	7%
Total Sugars less than 1g	
Includes 0g Added Sugars	0%
Protein 6g	

Iron 1.2mg 6% • Potassium 140mg 2%

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 CITRIC ACID, SUGAR, MONOSODIUM GLUTAMATE, SPICES, ARTIFICIAL COLOR (RED 40 LAKE, YELLOW 6 LAKE), SODIUM DIACETATE, YEAST EXTRACT, MEDIUM CHAIN TRIGLYCERIDES, CORN SYRUP SOLIDS, OLIVE OIL, TAPIOCA SYRUP SOLIDS, NATURAL FLAVORS, MALTODEXTRIN (MADE FROM CORN), ONION POWDER, GARLIC POWDER, DISODIUM MONOSUITE, AND DISODIUM GUANYLATE.

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

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