

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)

	150 Calories	
	Total Fat	
Saturated Fat	12g	24%
Trans Fat	2g	4%
Cholesterol	0mg	0%
Sodium	780mg	34%
Total Carb.	5g	2%
Dietary Fiber	2g	4%
Total Sugars	less than 1g	0%
Protein	7g	14%
Vitamin D	0mcg	0%
Calcium	10mg	0%
Iron	2mg	10%
Potassium	200mg	4%

* 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: PUMPKIN SEEDS, SALT, SEA SALT, SODIUM DIACETATE, MALTODEXTRIN (MADE FROM CORN), SUGAR, MONOSODIUM GLUTAMATE, DILL WEED, VEGETABLE OIL (OLIVE, CANOLA, AND/OR SUNFLOWER OIL), CITRIC ACID, AND NATURAL FLAVORS.

Manufactured for Frito-Lay, Inc.
Plano, Texas 75024-4099
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CHOKES WARNING: DO NOT GIVE TO CHILDREN YOUNGER THAN 4 YEARS OLD.

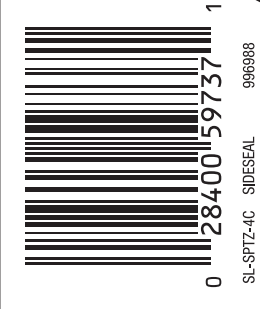
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Questions &
Comments?
1-877-577-7489
Weekdays
9:00 am to 4:30 pm
Central Time



NET WT. 4 OZ.
(113.4 g)



• PUMPKIN SEEDS •



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



◆ FIRE ◆
ROASTED ◆ SALTED ◆
◆ SEEDS ◆

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

• DILL PICKLE •

SPLITZ[®]

BIG SEEDS WITH BIG PERSONALITY™

GRIP IT  **GRIP IT**