



PRODUCT

Raw Sunflower Kernel

Product of USA

Nutrition Facts

Serving Size 100 g
servings per container NA

Amount per Serving

Calories 540

% Daily Value *

Total Fat	46.00 g	71 %
Saturated Fat	4.50 g	23 %
<i>Trans</i> Fat	0.0 g	
Cholesterol	0.0 mg	0 %
Sodium	9.0 mg	0 %
Total Carbohydrates	21.0 g	7 %
Dietary Fiber	8.60 g	34 %
Total Sugars	2.00 g	
Added Sugars	0.00 g	
Protein	25.00 g	50 %

Vitamin C	1.4 mg	
Vitamin D	0 mcg	0 %
Calcium	78 mg	7.8 %
Iron	5.25 mg	29.17 %
Potassium	645 mg	18.43 %

* 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

Advanced Sunflower 704 2nd St. SW Huron, SD. USA 57350
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