

PUMPKIN SEEDS – PEPITAS - RAW

Nutrition Facts	
1 serving per container	
Serving size	1 oz (28g)
Amount per serving	
Calories	160
% Daily Value *	
Total Fat 14g	18%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	6%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 10mg	2%
Iron 2.5mg	15%
Potassium 230mg	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 (PEPITAS).

PRODUCT IS MADE ON THE SAME EQUIPMENT AND MAY CONTAIN TRACES OF MILK, SOY, WHEAT, PEANUTS, TREE NUTS, AND SESAME.