

Wricley Nut Products Co.
Roasted & Salted Pepitas (Pumpkin Seeds)

NUTRITION FACTS	
Serving Size: 30g	
Servings per Container: Varied	
Amount per Serving	
Calories 180	Calories from Fat 130
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 9g	
Vitamin A 0% * Vitamin C 0%	
Calcium 2% * Iron 14%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 * Carbohydrate 4 * Protein 4	

Ingredients: Pumpkin seeds shelled, pure canola oil, salt.