

Item # 332126

Desc: Pumpkin Seeds (RNS) Pepitas

Nutrition Facts			
Serving Size (30g)		Serving Per Container Varied	
Amount Per Serving			
Calories	180	Calories from Fat	130
		% Daily Value*	
Total Fat	15 g		23 %
Saturated Fat	2 g		10 %
Trans Fat	0g		
Cholesterol	0 mg		0 %
Sodium	0 mg		0 %
Total Carbohydrate	3 g		1 %
Dietary Fiber	1 g		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.

332126 Pumpkin Seeds (RNS) Pepitas

Ing: Pumpkin seeds, pure canola oil.

**Manufactured on machinery that processes products containing: peanuts and tree nuts.

Product information/materials may change.

Refer to the package or call for updates.