

CHS
Roasted & Salted Sunflower

NUTRITION FACTS	
Serving Size: 3 tbsp (30g) Servings per Container: varies	
Amount per Serving	
Calories 190	Calories from Fat 160
% Daily Value*	
Total Fat 18g	27%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 7%	
Vitamin A 0% * Vitamin C 0%	
Calcium 2% * Iron 10%	
*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: Roasted sunflower kernels, sunflower oil (sunflower oil, citric acid), salt.

Allergen Information: This product was processed in a facility that also processes products containing wheat.