

Hershey Import Co.
Organic Raw Sunflower Seeds

NUTRITION FACTS	
Serving Size: ¼ cup (30g)	
Servings per Container:	
Amount per Serving	
Calories 160	Calories from Fat 110
% Daily Value*	
Total Fat 12g	20%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 3g	10%
Sugars 0g	
Protein 6g	
Vitamin A 0% * Vitamin C 0%	
Calcium 2% * Iron 8%	
*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: Organic Raw Hulled Sunflower Seeds.

**Allergens: None Present

**May contain occasional shell fragments.