

Nutrition Facts

Serving size (100g)

Amount Per Serving

Calories 520

% Daily Value*

Total Fat 42g	54%
Saturated Fat 8g	40%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 13g	5%
Dietary Fiber 6g	21%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 30g	60%

Not a significant source of vitamin D, calcium, iron, and potassium

*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:

SHELLED PUMPKIN SEEDS, HI-OLEIC CANOLA OIL

MANUFACTURED IN A FACILITY THAT ALSO PROCESSES PEANUTS, ALMONDS, BRAZIL NUTS, CASHEWS, FILBERTS, PECANS, MACADAMIA NUTS, PISTACHIOS, AND WALNUTS. THE FOLLOWING ALLERGENS ARE ALSO PRESENT IN THE FACILITY: SOY, WHEAT, MILK, AND COCONUT.