

Nutrition Facts

servings per container

Serving size 1/3 cup (47g)

Amount per serving

Calories 270

% Daily Value*

Total Fat 24g 31%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 9g 3%

Dietary Fiber 4g 14%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 10g

Vitamin D 0mcg 0%

Calcium 37mg 2%

Iron 2mg 10%

Potassium 303mg 6%

*The % Daily Value 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.

Sunflower, Dried Kernels

Data from USDA Database

To complete label:

- Fill in number of servings per container
 - Total weight of product divided by grams in a serving
 - Example: container has 1 pound of grain, 1 pound = 454 grams, serving size is 45 grams, number of servings per container = $454/45 = 10$