

Nutrition Facts

Serving Size 1/4 cup
Servings Per Container 8

Amount Per Serving

Calories 180 Calories from Fat 140

% Daily Value

Total Fat 15g **23%**

Saturated Fat 3g **16%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 4g **1%**

Dietary Fiber 2g **8%**

Sugars 1g

Protein 8g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 10%

* Percent Daily Values are based on a 2,000 Calorie diet. Your 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

GRACEWAY NATURALS

Pumpkin Seeds Raw

Ingredients: Pumpkin Seed

Manufactured in a plant that processes peanuts.

Manufactured For:
Graceway Markets
Turks & Caicos Islands
Net Weight 12 oz (340g)

