

Sunflower Meats Raw

Item Number: 714017, 790234

Ingredients: 100% Sunflower kernels.

Nutrition Facts	
Serving Size (100g)	
Servings Per Container varies	
Amount Per Serving	
Calories 584	Calories from Fat
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% Daily Value*	
Total Fat 51g	78%
Saturated Fat 4g	20%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 9mg	0%
Total Carbohydrate 20g	7%
Dietary Fiber 9g	36%
Sugars 3g	
Protein 21g	
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Vitamin A 10%	○ Vitamin C 2%
Calcium 8%	○ Iron 28%
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*Percent Daily Values are based on a 2,000 calorie diet.	