

**CHS**  
**Raw Sunflower Kernels**

<b>NUTRITION FACTS</b>	
Serving Size: (100g)	
Servings per Container:	
Amount per Serving	
<b>Calories</b> 570	<b>Calories from Fat</b> 450
<b>Total Fat</b> 50g	
Saturated Fat 6g	
Polyunsaturated Fat 31g	
Monounsaturated Fat 13g	
Trans Fat 0g	
<b>Cholesterol</b> 0mg	
<b>Sodium</b> <5mg	
<b>Total Carbohydrate</b> 18g	
Dietary Fiber 10g	
Sugars 3g	
<b>Protein</b> 22%	
Vitamin A <10 IU *	Vitamin C <0.5mg
Calcium 88mg *	Iron 5mg
Vitamin E 40 IU *	Thiamine 2.1mg
Riboflavin 0.2mg *	Niacin 6.3mg
Folate 0.155mg *	Magnesium 362mg
Zinc 5mg *	Copper 1.3mg

Ingredients: Raw hulled sunflower kernels.

Allergen Information: This product was processed in a facility that also processes products containing wheat.