

Full Report (All Nutrients) 45095688, SKOUT, ORGANIC RAW PUMPKIN SEEDS, JALAPENO SALSA, UPC: 897060002125
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Report Date: August 18, 2019 01:18 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Skout, Inc.

Nutrient	Unit	Data points	Std. Error	0.5 PKG 35g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	190	543
Protein	g	--	--	10.00	28.57
Total lipid (fat)	g	--	--	17.00	48.57
Carbohydrate, by difference	g	--	--	4.00	11.43
Fiber, total dietary	g	--	--	2.0	5.7
Sugars, total	g	--	--	1.00	2.86
Minerals					
Calcium, Ca	mg	--	--	20	57
Iron, Fe	mg	--	--	2.70	7.71
Magnesium, Mg	mg	--	--	180	514
Phosphorus, P	mg	--	--	400	1143
Potassium, K	mg	--	--	272	777
Sodium, Na	mg	--	--	250	714
Zinc, Zn	mg	--	--	2.25	6.43
Copper, Cu	mg	--	--	0.400	1.143
Manganese, Mn	mg	--	--	1.400	4.000
Selenium, Se	µg	--	--	2.8	8.0
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	1.2	3.4
Niacin	mg	--	--	4.400	12.571
Pantothenic acid	mg	--	--	0.200	0.571
Vitamin B-6	mg	--	--	0.060	0.171

Nutrient	Unit	Data points	Std. Error	0.5 PKG 35g	1 Value Per100 g
Folate, total	µg	--	--	20	57
Vitamin A, IU	IU	--	--	200	571
Vitamin K (phylloquinone)	µg	--	--	2.4	6.9
Lipids					
Fatty acids, total saturated	g	--	--	2.999	8.570
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

Amino Acids

Other

Ingredients

ORGANIC RAW PUMPKIN SEEDS, ORGANIC SEASONING (SEA SALT, ORGANIC CHILI, ORGANIC PARSLEY, ORGANIC CILANTRO, ORGANIC GARLIC, ORGANIC ONION, ORGANIC TOMATO, ORGANIC JALAPENO), ORGANIC SUNFLOWER OIL. *Date Available:* 03/11/2018 *Date Last Updated by Company:* 03/11/2018