

Full Report (All Nutrients) 45151602, WEIS QUALITY, ROASTED & SALTED SHELLLED PUMPKIN SEEDS, UPC: 041497132201

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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 WEIS MARKETS, INC.

Nutrient	Unit	Data points	Std. Error	1 ONZ 28g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	160	571
Protein	g	--	--	8.00	28.57
Total lipid (fat)	g	--	--	14.00	50.00
Carbohydrate, by difference	g	--	--	3.00	10.71
Fiber, total dietary	g	--	--	2.0	7.1
Sugars, total	g	--	--	0.00	0.00
Minerals					
Calcium, Ca	mg	--	--	20	71
Iron, Fe	mg	--	--	2.70	9.64
Sodium, Na	mg	--	--	170	607
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	0.0	0.0
Vitamin A, IU	IU	--	--	0	0
Lipids					
Fatty acids, total saturated	g	--	--	2.500	8.930
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

Amino Acids
Other
Ingredients

PUMPKIN SEEDS, CANOLA OIL, SALT. Date Available: 07/14/2017 Date Last Updated by Company: 07/14/2017