

Full Report (All Nutrients) 45214578, SUNFLOWER SEEDS, UPC: 067261101112
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Report Date: August 21, 2019 09:56 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

Nutrient	Unit	Data points	Std. Error	0.25 cup 30g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	190	633
Protein	g	--	--	6.00	20.00
Total lipid (fat)	g	--	--	15.00	50.00
Carbohydrate, by difference	g	--	--	7.00	23.33
Fiber, total dietary	g	--	--	3.0	10.0
Sugars, total	g	--	--	2.00	6.67
Minerals					
Calcium, Ca	mg	--	--	40	133
Iron, Fe	mg	--	--	1.80	6.00
Sodium, Na	mg	--	--	360	1200
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	0.0	0.0
Vitamin A, IU	IU	--	--	100	333
Lipids					
Fatty acids, total saturated	g	--	--	1.500	5.000
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

Amino Acids
Other
Ingredients

 SUNFLOWER SEEDS, CANOLA OIL, BBQ SEASONING (SEA SALT, OMEGA-3 FLAX FLOUR, DEXTROSE, SUGAR, SMOKE FLAVOUR, TOMATO POWDER, MONOSODIUM GLUTAMATE, GARLIC POWDER (ONION POWDER, CITRIC ACID, YEAST EXTRACT, CAMEL COLOUR, SPICE EXTRACTS, SILICON DIOXIDE (MFG), FD&C RED #40 AND FD&C YELLOW #6). *Date Available: 07/14/2017*
Date Last Updated by Company: 07/14/2017