

Sunrich Honey Roasted Sunflower Kernels

Nutrition Facts

1 servings per container

Serving size 1 package (34g)

Amount Per Serving

Calories **190**

% Daily Value*

Total Fat 15g **19%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 65mg **3%**

Total Carbohydrate 11g **4%**

Dietary Fiber 3g **11%**

Total Sugars 5g

Includes 4g Added Sugars **8%**

Protein 6g

Vitamin D 0mcg **0%**

Calcium 26mg **2%**

Iron 1.08mg **6%**

Potassium 94mg **2%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.