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Sunflower Seeds Roasted and Salted Hulled - 1 lb



Roasted and salted, hulled Sunflower Seeds are a tasty treat that can be enjoyed anywhere, anytime. These seeds can be used in baking, sprinkled on salads, or added to breads. Hulled Sunflower Seeds provide a wealth of important nutrients. They are an excellent source of Vitamin E, Magnesium, Copper and Unsaturated Fatty Acids. They are low in saturated fat and are a good source of dietary fiber.

PRODUCT #: 7054
UPC: 733739070548
SRP: $2.49
Where to Buy
Add a Comment

Nutrition Info

Serving Size: 1/4 cup (31g)

	Amount Per Serving	% Daily Value
Calories	200	
Calories from fat	140	
Total fat	17 g	26%
Saturated Fat	2 g	9%
Polyunsaturated Fat	12 g	
Monounsaturated Fat	3 g	
Cholesterol	0 mg	0%
Sodium	180 mg	7%
Total Carbohydrate	6 g	2%
Dietary Fiber	4 g	18%
Sugars	0 g	
Protein	8 g	
Vitamin A		0%
Vitamin C		0%
Calcium		4%
Iron		16%
Vitamin E		62%
Magnesium		10%
Copper		28%

* Percent Daily Values are based on 2,000 calorie diet.
† Daily Value not established.

Details

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NOW supplies a complete line of natural foods, sweeteners, seeds, fibers, and unique products.

NOW also is a leading source of natural vitamins, herbs, extracts, and pure cosmetics.

Serving Size: 1/4 cup (31g)

Servings per container: 14

Other Ingredients: Sunflower Seeds, Canola Oil, Salt.

Warnings: None

Disclaimers: None

Would you like to write a review of this item?

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