

Nutritional Information

Corporate: 100 Congress Street
 Quincy, MA 02169-0948
 USA No

Location: Bolingbrook IL

Issue Date : Jan-05-21 Brand : SUNFLOWER, SEED-RP
 Prepared By : klang Product : 91430 RP 10

NUTRIENT	UOM	PER 30 g	% DV	PER 100 g	% DV
Calories	kcal	179.85		599.50	
Beta Glucan	g				
Protein	g	6.23		20.78	
Carbohydrates	g	7.61	3%	25.37	9%
Dietary Fiber (2016)	g	2.58	9%	8.60	31%
Soluble Fiber	g	0.83		2.75	
Total Sugars	g	0.79		2.62	
Added Sugar	g	0.00	0%	0.00	0%
Total Fat	g	13.83	18%	46.10	59%
Saturated Fat	g	1.34	7%	4.45	22%
Mono Fat	g	5.56		18.52	
Poly Fat	g	6.94		23.13	
Total Trans Fatty Acids	g	0.00		0.00	
Cholesterol	mg	0.00	0%	0.00	0%
Ash	g	0.91		3.02	
Water	g	1.42		4.73	
Vitamin A - RAE	mcg	0.75	0%	2.50	0%
Vitamin B1 - Thiamin	mg	0.44	37%	1.48	123%
Vitamin B2 - Riboflavin	mg	0.11	8%	0.35	27%
Vitamin B3 - Niacin Equiv	mg	3.95	25%	13.15	82%
Vitamin B6	mg	0.40	24%	1.34	79%
Vitamin B12	mcg	0.00	0%	0.00	0%
Biotin	mcg				
Vitamin C	mg	0.42	0%	1.40	2%
Vitamin D - mcg	mcg	0.00	0%	0.00	0%
Vitamin E - Alpha-Toco	mg	10.55	70%	35.17	234%
Folate, DFE mcg	DFE	68.10	17%	227.00	57%
Folic Acid	mcg	0.00		0.00	
Folate, food	mcg	68.10		227.00	
Vitamin K	mcg	0.00	0%	0.00	0%
Pantothenic Acid	mg	0.34	1%	1.13	2%

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Calcium	mg	23.40	2%	78.00	6%
Chromium	mcg				
Copper	mg	0.54	60%	1.80	200%
Fluoride	mg				
Iodine	mcg				
Iron	mg	1.58	9%	5.25	29%
Magnesium	mg	97.50	23%	325.00	77%
Manganese	mg	0.59	26%	1.95	85%
Phosphorus	mg	198.00	16%	660.00	53%
Potassium	mg	193.50	4%	645.00	14%
Selenium	mcg	15.90	29%	53.00	96%
Sodium	mg	2.70	0%	9.00	0%
Zinc	mg	1.50	14%	5.00	45%
Molybdenum	mcg				
Choline	mg	16.53	3%	55.10	10%
Chloride	mg				
Omega 3 Fatty Acid	g	0.02		0.08	
Omega 6 Fatty Acid	g	6.91		23.04	

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