NUTRITIONAL GUIDANCE:Pumpkin Seed

Serving Size: 100g

Nutritional Information is derived from Genesis R&D nutritional analysis software, version 11.6 from calculated values. Actual values will vary within natural products. Values listed are to aid development work and should not be used to determine end product labels. Customers should conduct further analysis of their final products as required by 21CFR101.9.

Calories	441.00 kcal	Niacin Equiv.	-- mg
Protein	36.10 g	Vitamin B6	-- mg
Carbohydrates	34.58 g	Vitamin B12	-- mcg
Sugars	1.64 g	Folate	-- mcg
Added Sugars	0.00 g	Pantothenic Acid	-- mg
Dietary Fiber	2.42 g	Vitamin C	-- mg
Fat - Total	17.60 g	Vitamin D	0.00 mcg
Saturated Fat	3.41 g	Vitamin E	-- mg
Mono Fat	6.10 g	Calcium	70.90 mg
Poly Fat	8.06 g	Copper	-- mg
Cholesterol	0.00 mg	Iron	11.20 mg
Ash	5.04 g	Magnesium	637.00 mg
Water	6.68 g	Manganese	-- mg
Vitamin A - RAE	-- mcg	Phosphorus	1170.00 mg
A-Retinol	-- RE	Potassium	1030.00 mg
A-Carotenoid	-- RE	Selenium	-- mcg
Thiamin - B1	-- mg	Sodium	0.00 mg
Riboflavin - B2	-- mg	Zinc	10.10 mg
Niacin - B3	-- mg	Trans Fatty Acids	0.00 g

Values reviewed on 08/16/2019. Contact your account representative to ensure most recent copy.

Silva International

523 North Ash Street, Momence, IL USA 60954
Phone: 815-472-3535