

Nutrition Facts

Sunflower Seed Serving size (100g)

Amount Per Serving

Calories

580

	www.ihcare.ae	% Daily Value*
Total Fat 51g		65%
Saturated Fat 4.5g		23%
<i>Trans</i> Fat 0g		
Cholesterol 0mg		0%
Sodium 10mg		0%
Total Carbohydrate 20g		7%
Dietary Fiber 9g		32%
Total Sugars 3g		
Includes 0g Added Sugars		0%
Protein 21g		42%
Vitamin D 0mcg		0%
Calcium 91mg		8%
Iron 5.22mg		30%
Potassium 846mg		20%
Vitamin A		0%
Vitamin C		2%
Vitamin B6		60%
Magnesium		80%

*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.