



Nuts Dried Fruit Trail Mixes Confectionery Snacks Seeds Organic Granola

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Raw Sunflower Seeds

100% raw hulled sunflower seeds



KOSHER



NO
ADDITIVES



NO ADDED
SUGAR



GLUTEN
FREE

Harness the power of sun-worshipping sunflowers with these tiny seeds, which have been removed from their shells for easy eating. They're raw, too, for the most nutrients.

Small yet mighty, sunflower seeds are nutritional powerhouses. Each little seed contains all the nutrients needed for the stunning flower to grow and thrive, and they offer up a bounty of benefits when we eat them, too. They're absolutely





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Our Ingredients:

Raw Sunflower Seeds Shelled

Product of China

Warning: Packaged in a facility that processes peanuts, tree nuts, soy, wheat and dairy products.

Nutrition Facts:

Serving Size: 30g (~1.1 oz)

Amount per Serving

Calories		190
Calories from Fat		140
		%DV
Total Fat	2g	23%
Saturated Fat	2g	8%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carb	5g	2%
Dietary Fiber	2g	10%
Sugars	1g	
Protein	7g	
Vitamin A		0%
Vitamin C		30%
Calcium		2%

