



WASHINGTON
YOUTH GARDEN



Savory Seeds Lesson

**Nutrition Labels in 100-Gram
Quantities**

Sunflower Seeds:

Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving

Calories 582 Calories from Fat 417

% Daily Value*

Total Fat 50g 77%

Saturated Fat 5g 26%

Trans Fat

Cholesterol 0mg 0%

Sodium 3mg 0%

Total Carbohydrate 24g 8%

Dietary Fiber 11g 44%

Sugars 3g

Protein 19g

Vitamin A 0% • Vitamin C 2%

Calcium 7% • Iron 21%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.

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Lima Beans:

Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving

Calories 338

Calories from Fat 6

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 1%

Trans Fat

Cholesterol 0mg 0%

Sodium 18mg 1%

Total Carbohydrate 63g 21%

Dietary Fiber 19g 76%

Sugars 8g

Protein 21g

Vitamin A 0% • Vitamin C 0%

Calcium 8% • Iron 42%

*Percent Daily Values are based on a 2,000 calorie diet.
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your calorie needs.

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Peanut Butter:

Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving

Calories 588 Calories from Fat 422

% Daily Value*

Total Fat 50g 78%

Saturated Fat 10g 51%

Trans Fat

Cholesterol 0mg 0%

Sodium 17mg 1%

Total Carbohydrate 20g 7%

Dietary Fiber 6g 24%

Sugars 9g

Protein 25g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.
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