

100 % EUROPEAN PUMPKIN SEEDS

GREAT TASTE - NO ALLERGENS - SIMPLY CLEAN

PRODUCT DESCRIPTION

The tasty 100 % European pumpkin seeds are obtained from a special variety - the hull-less grown oil pumpkin (*Cucurbita pepo* var. *styriaca*). A gentle drying process ensures the preservation of all valuable nutrients. Available as Grade A premium pumpkin seeds and chopped in different sizes.

Pumpkin seeds support a healthy lifestyle, free from artificial additives or allergens. Produced in Austria, 100 % European hull-less grown pumpkin seeds, available in first-class conventional and organic quality.

DIETARY ATTRIBUTES

- Free from allergens
- Free from added artificial colourings, flavourings and preservatives
- Free from GMOs (genetically modified organisms)
- Suitable for vegans and vegetarians
- High in essential fatty acids

BENEFITS

- Pumpkin seeds are a good source of healthy oils, magnesium, potassium, calcium and other nutrients that enhance the health of the heart and bones.
- They contain a lot of antioxidants, sterols, squalene and tocopherols and therefore support a healthy lifestyle.

USES

- Perfect for snacking.
- Tasty additive to yogurt, cakes and cookies.
- Add pumpkin seeds to breads and muffins.

PRODUCTS AND PACKAGING

- Grade A, 25 kg paper bags
- Bakery, 25 kg paper bags
- Chopped 0.08"-0.31", 20 kg paper bags
- Grated 0"-0.08", 20 kg paper bags

NUTRITION FACTS	Quantity per 100 g	Serving size:
		3 tablespoons (10 g)
Energy (kcal)	590	59
Energy (kJ)	2445	245
Fat	47,3	4,7
Carbohydrates	3,4	0,3
- Sugars	1,3	0,1
Dietary Fibers	4,4	0,4
Protein	35,4	3,5
Salt	0,03	0,003

INGREDIENTS: Pumpkin seeds.



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The Pumpkin Seed Company



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