

Pumkin seeds dark green organic Europe

Designation: pumpkin seeds

Description: These pumpkin seeds are grown in Europe without shells (GWS). The flat, oval seeds are dark green, have a firm consistency and an aromatic flavour. They are rich in protein and a source of fibre. Perfect for snacking, for bread, rolls and other baked goods, for muesli and for sweet and savoury dishes. The nutty flavour is intensified by lightly roasting them in a pan.

Ingridients: pumpkin seeds*

* from controlled organic cultivation

Raw food: No
Fairtrade: No
Gluten-free: No
Vegan: Yes
Superfood: No
Naturally gluten-free: No
Plastic-free: No
Organic: Yes
Colli/Multi package: We trade this item in various packaging units. The current packaging size is 25kg. Please refer to the order confirmation for the final packaging unit.
Value Pack: No

ECO Control Point: DE-ÖKO-003

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	2479 kj
Calorific value kcal	593 kcal
Fat	49 g
Of which saturated fatty acids	8.7 g
Carbohydrates	4.7 g
Of which sugar	1.4 g
Fibers	6 g
Protein	30.2 g
Salt	0.02 g

Allergene

Gluten-containing cereal	Nein
Chicken egg	Nein
Peanuts	Nein
Milk	Nein

Celery	Nein
Sesame seeds	Nein
Lupines	Nein
Crustaceans	Nein
Fish	Nein
Soy	Nein
Nuts	Nein
Mustard	Nein
Sulfur dioxide and sulphite	Nein
Molluscs	Nein
Cashews	Nein
Spelt	Nein
Barley	Nein
Oat	Nein
Hybrid Strains	Nein
Kamut	Nein
Macadamia	Nein
Almonds	Nein
Brazil Nuts	Nein
Pecans	Nein
Pistachios	Nein
Rye	Nein
Hazelnuts	Nein
Sesame	Nein
Walnuts	Nein
Wheat	Nein