

# Organic Dark Green Pumpkin Seeds from Europe

These pumpkin seeds are grown in Europe and are shell-less (GWS). The flat, oval seeds are dark green, firm in texture, and have a delightful aromatic flavour. They are high in protein and a great source of fibre. Perfect for snacking, adding to bread, rolls, and other baked goods, muesli, as well as sweet and savoury dishes. Their nutty flavour can be intensified by lightly roasting them in a pan. We also offer premium quality pumpkin seeds, which you can find [here](#).

[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