

# Dark green pumpkin seeds bio Europe 6x500g

The star among pumpkin seeds! These pumpkin seeds come from Europe and have grown shell-less (GWS). The flat, oval seeds have a dark green colour and are very aromatic in taste. They are rich in protein and a source of fibre. Perfect for snacking, for bread, rolls and baked goods, for muesli as well as for sweet and savoury dishes. Lightly roasting in a pan intensifies the nutty flavour.

[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                           | 0.018 g  |

## Allergene

|                          |      |
|--------------------------|------|
| Gluten-containing cereal | Nein |
| Chicken egg              | Nein |
| Peanuts                  | Nein |
| Milk                     | Nein |
| Celery                   | Nein |
| Sesame seeds             | Nein |
| Lupines                  | Nein |
| Crustaceans              | Nein |

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|                             |      |
|-----------------------------|------|
| 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 |