

Pumpkin Seeds (Buchanans)

Pack Size: 6 X 1KG

Product Description:

Pumpkin seeds, also known as pepitas, are flat, dark green seeds. They have a chewy texture and are subtly sweet & nutty in flavour. Pumpkin seeds are high in protein, low in salt and a great source of fibre. They can be roasted or salted and eaten as a snack.

Brand: Buchanans



Ingredient Declaration: Pumpkin Seeds (100%)

Allergens:

NOT APPLICABLE

N/A

Additional Allergen Information:

Barley	No	Almond nuts	No
Oats	No	Brazil nuts	No
Rye	No	Cashew nuts	No
Wheat (including Spelt and Khorasan)	No	Hazelnuts	No
		Macadamia (Queensland) nuts	No
		Pecan nuts	No
		Pistachio nuts	No
		Walnuts	No

Diet Suitability:

NOT APPLICABLE

N/A

SUITABLE FOR

Vegetarians, Vegan

Nutritional Information:

Nutrient	per 100g/ml
Energy (kJ/kcal)	565 kcal / 2345 kJ
Fat	45.6 g
of which Saturates	7 g
Carbohydrate	15.2 g
of which Sugars	1.1 g
Fibre	7 g
Protein	24.4 g
Salt	0.05 g

Directions For Use:

PRODUCT SHOULD BE USED BY CONSUMER WITHIN THE BEST BEFORE DATE. ***
For use in baking and cooking. Further heat treatment is recommended for direct consumption***

Storage Instructions:

STORE IN DRY ENVIRONMENT AWAY FROM DIRECT SUNLIGHT.

Shelf Life Once Open:

All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.