

# Pumpkin Seeds

**UNIT:** PE1530



## Description

Cleaned and hulled seeds of Cucurbita pepo, oval shaped seed of green appearance (dull to light).



## Allergen Information



Cereal



Milk



Eggs



Peanuts



Nuts



Crustaceans



Mustard



Fish



Lupin



Sesame



Celery



Soya



Molluscs



SO2

## Specifications

### Nutrition

Typical Values	Per 100g/ml
Energy	2340 kJ 559 kcal
Fat	49.1 g
- of which saturates	8.7 g
Carbohydrates	4.7 g
- of which sugars	1.4 g
Fibre	6 g
Protein	30.2 g
Salt	0.02 g

### Allergens

Contains Cereal  
Contains Gluten  
Contains Milk  
Contains Eggs  
Contains Peanuts  
Contains Nuts  
Contains Crustaceans  
Contains Mustard  
Contains Fish  
Contains Lupin  
Contains Sesame  
Contains Celery  
Contains Soya  
Contains Molluscs  
Contains Sulphur Dioxide

### Dietary Information

No	Suitable for Vegetarians	Yes
-	Suitable for Vegans	Yes
No	Suitable for Sufferers of Lactose Intolerance	Yes
No	Suitable for Coeliacs	Yes
No	Approved for a Halal Diet	No
No	Approved for a Kosher Diet	No
No		
No		
No		
No		
No		
No		

### Ingredients

Pumpkin seeds

### Directions for Use

N/A

### Storage Instructions

Ambient, dry, away from sunlight

### Packaging

GTIN: 5060154036398  
Inner GTIN: 5060154036404  
Weight/Volume: 550grams  
Packaging Type: Poly Treated PET/PE

### Country of Origin

China ()

All Allergen and Nutrition information drawn from [www.erudus.com](http://www.erudus.com) on 17/05/2025