



# 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<br>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 |     |
| No | Intolerance                       |     |
| No | Suitable for Coeliacs             |     |
| No | Approved for a Halal Diet         | Yes |
| No | Approved for a Kosher Diet        | Yes |

### Ingredients

Pumpkin seeds

### Directions for Use

N/A

### Storage Instructions

Ambient, dry, away from sunlight

### Packaging

GTIN: 5060154036398  
Inner GTIN: 5060154036404  
Weight/Volume:  
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 01/02/2026