



## Buchanans Pumpkin Seeds (6x1kg)

### Additional Information

Product Code	721518
Product Description	Pumpkin seeds grown without a shell. Mid to dark green in colour. For use in baking and cooking. Further heat treatment is recommended for direct consumption.
Height (mm)	222.0000
Length (mm)	462.0000
Width (mm)	182.0000
Outer EAN 1	5010398001690
Storage Type	Ambient
Brand	Buchanan's

### Ingredients

Ingredients	Pumpkin Seeds
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### Dietary Information

Approved for a Halal Diet	No
Approved for a Kosher Diet	No
Suitable for Coeliacs	Yes
Suitable for Lactose-Free Diet	Yes
Suitable for a Vegan Diet	Yes
Suitable for a Vegetarian Diet	Yes

Allergens

Celery	No
Gluten	No
Crustacea	No
Egg	No
Fish	No
Lupin	No
Milk	No
Molluscs	No
Mustard	No
Nuts	No
Peanuts	No
Sesame	No
SOYA	No
Sulphites	No

Nutritional Information

Carbohydrate Per 100g (g)	5 g
Carbohydrate of which Sugars per 100g (g)	1 g
Fat per 100g (g)	44.1 g
Fat of which Saturates per 100g (g)	0 g
Fibre per 100g	0 g
Energy per 100g (kcal)	544 kcal
Energy per 100g (kJ)	2259 kJ
Protein per 100g (g)	32 g
Salt per 100g (g)	0.02 g

Disclaimer:

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