



Gem Pumpkin Seeds (5x1kg)

Additional Information

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| Product Code | 685471 |
| Product Description | Crushed pumpkin seeds make a crunchy, flavourful coating for anything from flaky white fish to a hearty rack of lamb. Garnish soup or add to cookies. Heat treated. |
| Height (mm) | 186.0000 |
| Length (mm) | 388.0000 |
| Width (mm) | 236.0000 |
| Outer EAN 1 | 5099809129123 |
| Storage Type | Ambient |
| Brand | Gem |

Ingredients

| | |
|-------------|-----------------------------------|
| Ingredients | Pumpkin Seeds Heat Treated GWS AA |
|-------------|-----------------------------------|

Dietary Information

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|--------------------------------|-----|
| Suitable for Coeliacs | 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 | May Contain |
| Peanuts | No |
| Sesame | May Contain |
| SOYA | No |
| Sulphites | No |

Nutritional Information

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|---|-------|
| Carbohydrate Per 100g (g) | 18.6 |
| Carbohydrate of which Sugars per 100g (g) | 7 |
| Fat per 100g (g) | 45.6 |
| Fat of which Saturates per 100g (g) | 6.6 |
| Fibre per 100g | 7.1 |
| Energy per 100g (kcal) | 569 |
| Energy per 100g (kJ) | 2360 |
| Protein per 100g (g) | 24.4 |
| Salt per 100g (g) | 0.045 |

Disclaimer:

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