

RAPUNZEL Hemp seeds peeled, 200g



article number	barcode (item)	barcode (packaging)	eco-ID	
601050			161063	

Brand

Rapunzel



Quality

EU organic logo, austrian agriculture

Marketing text

Hemp seeds have a slightly nutty flavor. They are especially rich in omega-3 fatty acids and a source of thiamin, magnesium and zinc. They contain all 8 essential amino acids (which the body cannot produce itself) and are therefore ideal as a source of protein. The nutrient content of hemp seeds is high, but you don't get 'high' from them: our hemp seeds come from cultivations of edible hemp seeds which have no intoxicating effect. The Rapunzel Hemp seeds come from hemp farmers in Austria and have raw quality.

Particularities

cultivated in Europe, packed by Rapunzel

Usage instructions

Ideal as topping for mueslis and salads, as an ingredient in sweet and spicy dishes, in smoothies, yoghurt, dressings, pesto and spreads. Tip: Roast them lightly in a fat-free pan to enhance their flavor! Not suitable for infants and young children.

Consumer storage instructions supplement

Keep tightly closed in a cool, dark and dry place.

Manufacturing

The hemp seeds are carefully threshed, cleaned, peeled and packed.

Origin

Austria (AT)

Origin of the raw materials

Austria

Ingredients

hulled hemp seeds*

**= ingredients from organic farming*



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Allergy notes

not in production and pollution excluded : Eggs and egg products, Peanuts and peanut products, Fish and fish products, Crustaceans and products, Lupine and lupine products, Milk and dairy products including lactose, Nuts and nut products, Celery and celery products, Mustard and products thereof, Sesame seeds and sesame products, Soybeans and soyproducts, Molluscs and mollusc products, Spelt, Barley, Oats, Kamut, Cashew, Hazelnut, Macadamia, Brazil nut, Pecan, Pistachio, Walnut, Lactose, Cocoa, Cinnamon

traces possible: Gluten, Rye, Wheat

no: Sulphur dioxide and sulphites > 10mg/kg

Further properties

vegan ✓ vegetarian ✓

Product group specific information

Legal product category..... food
Sweetener..... not sweetened

Quality

Organic product..... yes
Official organic labels..... EU organic logo
Organic certification body..... DE-ÖKO-006

Other designations

Product name medium version..... Hemp seeds peeled

Legal information

Legal designation of the product..... Hemp seeds peeled
Address of distributor..... Rapunzel Naturkost GmbH & Co. KG, Rapunzelstraße 1, D-87764 Legau;
 info@rapunzel.de
E-Mail of distributor..... info@rapunzel.de

Nutritional values & analysis results based on 100 g

Energy in kJ / 100 g or 100 ml..... 2475 kJ / 599 kcal
Fat..... 51,90 g
of which saturates..... 5,40 g
Carbohydrates..... 2,10 g
of which sugars..... 2,10 g
Fibre..... 6,7 g
Protein..... 29,90 g
Salt..... < 0,010 g

Nutritional values

vitamin b1..... 1,80 mg
iron..... 12,60 mg
magnesium..... 721,0 mg
zinc..... 10,80 mg

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Details of the trade (btob)

Batch-numbered	batched
Available from date	2018-03-01
Trade item date on packaging	best before on the packaging
Minimum shelf life for retailers	150 days
Min. lifespan from time of departure warehouse	210 days
Storage minimum temperature	8 °C
Storage maximum temperature	30 °C
Storage instruction for wholesalers	storage in a dry environment
Import classification value	12079991
Weight PU1 content	1 kg

Details of the consumer unit

Orderable piece	no
Sales designation of piece	piece
Packaging marked language code	German

Dimensions and weights of the consumer unit

Width of a piece	85 mm
Depth of a piece	45 mm
Height of a piece	160 mm
Gross weight of a piece	0,206 kg
Net weight in kg	0,200 kg

Details of pu1 (packaging unit / container)

Orderable unit trade item 1	yes
GTIN pu printed on cardboard	yes
Quantity of pieces in PU1	6 pcs
Sales designation of PU1	carton

Dimensions and weights of the retailer unit

Width of pu1	94 mm
Depth of pu1	324 mm
Height of pu1	164 mm
Gross weight of the pu1	1,339 kg

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Details of the pallet

Pallet.....	1 / 1 EURO pallet
Handling of pallet.....	Exchange pallets
Width of the pallet.....	800 mm
Depth of the pallet.....	1200 mm
Height of unloaded pallet.....	144 mm
Max. height of the pallet.....	964 mm
Gross weight pallet.....	207,501 kg
Quantity of PU in 1 layer.....	28
Quantity of PU on pallet.....	140
Pallets stackable.....	yes
Transport stacking factor.....	1
Unit stacking factor.....	2

Prices and conditions

Base price factor.....	5,000
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Other

Is packaging marked with ingredients.....	yes
Full declaration on label.....	no