



# UK Pumpkin Seeds Org 200 g//SCAN Urtekram Pumpkin Seeds Organic 200 g

GTIN: 05765228532195

Article Nr Primary 1053219

Descriptive size dimension: 200 g

Brand: Urtekram Food

Manufacturer Name: Midsona Danmark A/S (5790002193866)

Classification category (GPC): 10000236 - Nuts/Seeds – Prepared/Processed (Shelf Stable)

GS1 Country of origin: Denmark

Cropland: China

Tax rate: 12%

The taste of the pumpkin seeds is mild and is particularly suitable for baking. You can also roast them in a pan with salt and sprinkle them over green salads and potatoes.

## Contents

**Ingredient statement:** Organic pumpkin seeds.

## Shelf life and storage

**Min. lifespan from time of arrival, days:** 274

**Min. lifespan from time of production, days:** 365

## Consumer usage

Recommended daily intake: No more than 2 tablespoons per day of varied types of seeds.

NUTRIENT	PER 100 G
Energy	2351 kJ
Energy	568 kcal
Fat	46 g
Fat of which is saturated acids	7.6 g
Carbohydrate	2 g
Carbohydrate of which sugar	1.3 g
Dietary fibre	9.4 g
Protein	36 g
Salt	0.02 g

Base level		Case level	
GTIN	05765228532195	GTIN	15701058003112
Packaging marked date format	dd mm yyyy	Width, mm	375
Width, mm	104	Height, mm	200
Height, mm	187	Depth, mm	590
Depth, mm	45	Net weight, g	7000
Gross weight, g	210	Quantity of next lower level items	35
Net weight, g	200		
Packaging type 1	Bag		

Pallet level	
Net weight, g	168000
Quantity of layers per pallet	6
Quantity of next lower level items	24