


Pumpkin Seeds / Pumpafrön

Sometimes you just need a faithful, hearty snack to fall back on or just a mouthful of deliciousness. This is why we thought you would like our Persistently Perfect Pumpkin Seeds. They are 100% organic, deshelled, and always up for a "healthy snack rescue mission".

100% Pleasure, 0% Guilt!



 **Mindful Eating:** Did you know that nuts/seeds have pores and therefore absorb a tiny bit of what comes in to contact with them? That's why our bags have been specially designed to keep hands out & deliciousness in!

Contains naturally occurring sugars/Innehåller naturligt förekommande socker.

Ingredients/Ingredienser: Organic Pumpkin Seeds*/Ekologiska Pumpakärnor*, No additives/Utän tillsatser.

May contain traces of peanuts and treenuts/Kan innehålla spår av jordnöt, mandel, hasselnöt, paranöt, pistagenöt, pekannöt, valnöt, macadamianöt och cashewnöt.

Country of Origin/ Ursprungsland: China/Kina

Nutritional values/Näringsvärden	(Per 100 g)	(Per serving/Per portion 42 g)
Energy/Energi (Kcal):	2340 KJ/559 Kcal	655 KJ/157 Kcal
Total fat/Totalt fett (g):	49.1	13.7
Saturated Fat/Mättat fett (g):	8.7	2.4
Mono-unsaturated/Enkelomättad (g):	16.2	4.5
Poly-unsaturated/Fleromättade (g):	21	5.9
Carbohydrate/Kolhydrat (g):	4.7	1.3
of which sugars/varav sockerarter (g):	1.4	0.4
Fibre/Fiber (g):	6.5	1.8
Protein (g):	29	8.1
¹ Salt (g):	0.0	0.0
Vitamins/Vitaminer (mg):		
Vitamin B6:	0.3mg (20% DRI)**	0.1mg (4% DRI)**
Minerals/Mineraler (mg):		
Iron/Järn (Fe):	8.8mg (63% DRI)**	2.5mg (18% DRI)**
Phosphor/Fosfor (P):	1233mg (176% DRI)**	345.2mg (49% DRI)**
Potassium/Kalium (K):	809mg (40% DRI)**	226.5mg (11% DRI)**
Magnesium/Magnesium (Mg):	592mg (158% DRI)**	165.8mg (44% DRI)**

* Organic ingredient/Ekologisk ingrediens.

** Reference intake for an average adult/Referensintag för en genomsnittlig vuxen

¹The content of salt is exclusively due to naturally occurring sodium/Salthalten beror uteslutande på naturligt förekommande natrium.

Potential choking hazard to small children/

Tänk på att små barn lätt kan sätta innehållet i halsen.

Storage: Once opened, please keep me somewhere away from direct sunlight.

Store me in a cool, chilled-out place. I'm not a vampire though, promise.

Förvaring: Förvaras torrt och svalt.

Go Nuts & Shop Nuts!

www.thisisnuts.co

This is Nuts Sweden AB

Contact us at:

+46 (0) 8 515 100 21

info@thisisnuts.co



Weight/Vikt:

Lot nr.:

Net Weight/Nettovikt:



Best before/Bäst före:

icke-EU-jordbruk
SE-EKO-01