



# Pumpkin Seed Bio 250 g Ecosana

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## Description

**ECOSANA Bio Pumpkin Seeds** are obtained from 100% **organic farming**, thus achieving a product with the highest quality and, at the same time, respectful with the environment. It stands out for its **healthy fatty acid, providing omega 3 and 6**. In addition, they are rich in **zinc and magnesium**, minerals that help the normal functioning of the body. Thanks to its nutritional composition, pumpkin seeds are a healthy, nutritious and energetic food, ideal to add to your recipes and give them a crunchy touch or eat them as a snack between meals.

## Ingredients

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Pumpkin seeds\*

\*From Organic Agriculture

## Directions

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You can consume them as a snack between meals or add them to your recipes raw or toasted minimally in the pan, in salads, creams, breads, cakes...

## Presentation

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Contains 250 g

## Warnings

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May contain traces of **Nuts, Sesame and Soya**.

Store in a cool, dry place.

## Nutrition Facts

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Per 100 g

	<b>Quantity</b>
<b>Energetic Value</b>	<b>2425 kJ / 586 kcal</b>
<b>Fat</b> <i>of which saturated</i>	<b>46 g</b> <i>8,7 g</i>
<b>Carbohydrates</b> <i>of which sugars</i>	<b>15 g</b> <i>1 g</i>
<b>Fibre</b>	<b>16 g</b>
<b>Proteins</b>	<b>20 g</b>
<b>Salt</b>	<b>&lt;0,01 g</b>

# Allergen Information

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Shelled Nuts, Sesame, Soya,

# Certifications

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