



Pumpkin Seed Bio 500 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

Pumpkin seeds*

*From Organic Agriculture

Directions

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

Contains 500 g

Warnings

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

Store in a cool, dry place.

Nutrition Facts

Per 100 g

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

Allergen Information

Shelled Nuts, Sesame, Soya,

Certifications

