Supplier's Product Code :	WGB211B
Product Added :	06 August 2026
Last Updated by Supplier :	06 August 2026
erudus id :	ccb4cc3500da4f368ad3d5a258482918

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BUCHANANS PUMPKIN SEEDS

Short Product Name:
PUMPKIN SEEDS

Ripe, variable green / yellow colour. Oval, flat and longish seeds. ***For use in baking / cooking - Further heat treatment is recommended for direct consumption***

Traded Unit GTIN: 5010398001690 Internal GTIN: 5010398001669 Supplier : W. G. Buchanan & Son Ltd Suppliers Product Code : WGB211B

Reference Intake

Each 100g portion contains:

Energy	Fat	Saturates	Sugars	Salt
2345kJ 565kcal	45.6g	7g	1.1g	0.05g
28%	65%	35%	1%	1%

of your reference intake.

Typical values per 100g : Energy 2345kJ 565kcal

Nutritional Information

Typical Values	Per 100g
Energy	2345kJ 565kCal
Carbohydrates	15.2g
of which sugars	1.1g
Fat	45.6g
of which saturates	7g
Fibre	7g
Protein	24.4g
Salt	0.05g

Allergy Information

Key: Contains May Contain

Does Not Contain Cereal/Gluten
Does Not Contain Milk
Does Not Contain Eggs
Does Not Contain Peanuts
Does Not Contain Nuts
Does Not Contain Crustaceans
Does Not Contain Mustard
Does Not Contain Fish
Does Not Contain Lupin
Does Not Contain Sesame
Does Not Contain Celery
Does Not Contain Soya
Does Not Contain Molluscs
Does Not Contain Sulphur Dioxide

Dietary Information

Key: Suitable for

Suitable for Vegetarian
Suitable for Vegan
May not be suitable for Kosher
May not be suitable for Halal
NO DATA for Coeliac

Ingredients

Pumpkin Seeds (100%)

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