

Supplier's Product Code :
Product Added :
Last Updated by Supplier :
erudus id :

WGB211B
11 March 2026
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BUCHANANS PUMPKIN SEEDS

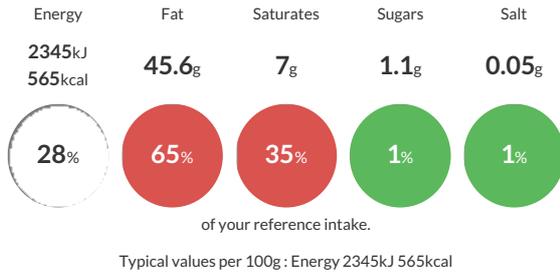
Short Product Name:
PUMPKIN SEEDS

PUMPKIN SEEDS GROWN WITHOUT A SHELL.MID TO DARK GREEN IN COLOUR ***For use in baking and 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:



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



Dietary Information

Key: Suitable for



Ingredients

Pumpkin Seeds (100%)