Culinary Master

173189 - **Pepita/Pumpkin Seed Kernel Shelled**

With the vast array of health benefits raw pepitas offer, almost anyone can find health-related reasons to incorporate these tasty seeds into their diet.

Nutrition Facts

Servings per Container 76
Serving size 30.0g (30g)

Amount per serving
Calories 180

	% Daily Value*
Total Fat 14g	**22%**
Saturated Fat 2.5g	**13%**
Trans Fat	
Cholesterol	**%**
Sodium 5mg	**0%**
Total Carbohydrate 4g	**1%**
Dietary Fiber 1g	**4%**
Total Sugars	
Includes Added Sugar	**%**
Protein 7g	
Vitamin D	**%**
Calcium	**%**
Iron	**15%**
Potassium	**%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Benefits

Pumpkin seeds are native to the Americas. They are sometimes called pepitas. The word pepita reflects its connection to its heritage which is Mexico. Raw pumpkin seeds possess a variety of distinctive nutrition-related characteristics. Many nuts and seeds contain vitamin E. The differentiating feature these seeds offer is that they contain vitamin E in a variety of forms. In addition to that distinction, these seeds also contain phenolic antioxidants in diverse forms.
Raw pumpkin seeds have long been revered for their nutritional value. They offer a diversity of antioxidants, boost immunity and are an excellent source of zinc and protein.

With the vast array of health benefits raw pepitas offer, almost anyone can find health-related reasons to incorporate these tasty seeds into their diet. Days simply tend to go better when you are in a good mood. The L-tryptophan in these seeds can help improve you mood and prevent depression. It has been proven that sleep deprivation can adversely affect your health, your mood and your concentration. Studies suggest that eating raw pumpkin seeds a few hours before bedtime can improve your quality of sleep. Studies have also shown that these seeds have anticancer properties. They are a heart-healthy food. They are the only seeds that are alkaline-forming.

Ingredients

RAW SHELLED PUMPKIN SEEDS
CAUTION: MAY CONTAIN SHELL OR SHELL FRAGMENTS

Allergens

Handling Suggestions

Store in a cool, dry place.

Serving Suggestions

See label for suggestions

Prep & Cooking Suggestions

See label for suggestions

Product Specifications

Brand	Manufacturer	Product Category
Culinary Master	Culinary Master	Dairy

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
688032026962	173189	173189	01068803202696		1/5 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
5.5lb	5lb	China	No	

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
12in	6in	6in	0.25ft3	36x5	365days	60°F / 77°F

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Nutrition Analysis - By Measure

Calories	180	Total Fat	14g	Sodium	5mg
Protein	7	Trans Fats		Calcium	
Total Carbohydrates•••	4g	Saturated Fat	2.5g	Iron	
Sugars		Added Sugars		Potassium	
Dietary Fiber	1g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol			
Vitamin A(IU)•		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

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