



Pumpkin Seed Kernels from “Ukrainian Yellow”

DESCRIPTION:

Pumpkin seeds kernels may reduce hormonal damage to prostate cells and preliminary studies show they may reduce the risk of developing prostate cancer. They are high in fibre, iron, copper, magnesium, manganese and phosphorus. They also contain calcium, potassium, zinc, selenium, folate and niacin.

INGREDIENTS: Pumpkin Seed Kernels

CROP: 2019

PHYSICAL SPECIFICATION:

Colour	Green to dark green colour
Flavour	Characteristic nutty flavour, free from any objectionable flavours, no bad or rancid tastes.
Odour	Typical pepita aroma, free from any objectionable odours and taints.
Texture	Should be firm and not soft, free flowing pumpkin seed kernels.
Moisture	7.0% maximum
Purity	99.9% minimum
Defects	Physical Damage 5.0% maximum by weight
	Inshell 0.1% maximum by weight

	Unripe 2.0% maximum by weight
	Sprouted Seeds 0.1% maximum by weight
	Dirty Kernels 0.5% maximum by weight
	Discoloured Kernels 1.5% maximum by weight
	Heavy Oil 0.5% maximum by weight
	Light Oil 2.0% maximum by weight
	Visible Insect Damage 1.0% maximum by weight
	Organic Contamination 0.2% maximum by weight
	Foreign Material 0.01% maximum by weight
Aflatoxin	15ppb maximum

MICROBIOLOGICAL:

Standard Plate Count	<200,000 / g
Yeast & Mould	< 10,000 / g
Coliforms	< 1,000 / g
E.coli	< 10 / g
Salmonella	Not detected in 25g

G.M.O. STATUS: Not Modified

COUNTRY OF ORIGIN: Ukraine

PACKAGING:

SIZE & TYPE

A) 25kg - Paper bag

B) By buyer request

STORAGE LIFE (UNDER SPECIFIED CONDITIONS):

A) 12 months under recommended storage

B) 9 months under recommended storage

STORAGE:

Clean, dry, cool area, free from infestation, recommended Temperature 0-15° Celsius

NUTRITIONAL INFORMATION:

Typical analysis, to be used as a guide only:

	Avg Qty Per 50g	avg Qty Per 100g
Energy	1207 kJ	2414 kJ
Protein	12.8 g	25.5 g
Fat - Total	23.0 g	45.9 g
- Saturated	4.4 g	8.7 g
Carbohydrates	7.4 g	14.8 g
- Sugars	0.5 g	1.0 g
Sodium	9 mg	18 mg

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