



> The Sweet Bean, 2nd Alternative: **Chocolate Pumpkin Seeds**

Organic seed energy: freshly roasted Styrian pumpkin seeds in a delicious shell of milk chocolate, white yoghurt chocolate or semi-sweet dark chocolate.

> Organic Snacks from Landgarten: The Fresh Energy Boosters



LANDGARTEN[®]

The Sweet Bean: Chocolate Pumpkin Seeds

The grey-green seeds of the Styrian oilseed pumpkin grow without a shell. The beans are harvested and machine-sorted. Then they are gently roasted at 80°C using our special fat-free, hot air method, hand selected, covered with delicious organic chocolate and packed for freshness. We offer pumpkin seeds with **milk chocolate**, with **white yoghurt chocolate** and with **semi-sweet dark chocolate**.

> The Pumpkin Seed

is rich in protein (ca. 35 percent), potassium, magnesium, calcium, zinc, selenium, and the vitamins A, B, D and E. The fat found in pumpkin seeds is one of the healthiest vegetable fats with ca. 80 percent unsaturated fatty acids and high levels of phytosterols which help reduce cholesterol and have a positive effect on bladder and prostate functions.

> Milk Chocolate Pumpkin Seeds

Roasted pumpkin seeds coated with organic milk chocolate. A wonderful chocolaty taste experience with a truly unique flavour.

> Yoghurt Chocolate Pumpkin Seeds

Roasted pumpkin seeds coated with organic white yoghurt chocolate. A fantastic fresh taste that's not too sweet.

> Dark Chocolate Pumpkin Seeds

Roasted pumpkin seeds coated with organic semi-sweet chocolate. A rich and harmonious dark taste.

> General Information

All Landgarten products are certified organic and guaranteed free from genetic engineering. The soybeans we use are produced exclusively on our farm in Austria. The chocolate and all other ingredients are also 100% organic.

Our products are certified by Lacon: AT-O-02-Bio 10667899 (Austria) by Knospe: CH-SCES-004 (Switzerland)

Allergy Information: Products may contain traces of nuts.

Nutrition Information

Pumpkin Seeds covered in milk chocolate

Nutrients per 100 g:

Calories	566 kcal / 2353 kJ
Protein	18,1 g
Carbohydrate	32,6 g
Total fat	40,3 g
Saturated fat	16,9 g
Fibre	3,7 g
Sodium	0,12 g
Minerals:	
Magnesium	215 mg
Calcium	165 mg
Iron	3,9 mg
Zinc	3,8 mg
Phosphorous	545 mg

Nutrients may be subject to changes from one crop year to the next.

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