

# Pumpkin Seeds



The high-protein pumpkin seeds contain healthy fats, multiple vitamins and minerals covering both zinc & magnesium.

## Ingredients for 2 serving (US/Metric)

- 108g / 3.8oz Pumpkin seeds

## Nutrition (US/Metric)

- **Protein:** 20%
- **Fat:** 45%
- **Net carbs:** 35%

## **Instructions**

Nibble onto these ready-to-eat nutty seeds whenever you please!