



1203 HALL AVENUE • RIVERSIDE • CALIFORNIA • 92509
T: 1(800) 988-OILS (951) 823-8490 • F: (951) 823-8495

Nutritional Values according to EU-Regulation for nutrition labeling for foodstuffs

Pumpkin Seed Oil, pressed

100 ml oil contain in average

Energy value	3363 kJ / 818 kcal
Protein	0 g
Carbohydrates	0 g
Thereof sugar	0 g
Fat	90.9 g
saturated fatty acids	16.4 g
monounsaturated fatty acids	28.7 g
polyunsaturated fatty acids	45.8 g
Dietary fiber	0 g
Sodium	0 g
Cholesterol	< 1 mg / 100 ml