

NUTRITION REPORT

Two Seeds, One Honest Panel *nutrition, laid bare.*

Every figure below is drawn from published food-composition data for our Roasted Salted Pumpkin Seeds and Caramel Coated Sunflower Seeds — read it before you snack, not after.

SERVING SIZE · 30 G

PACK · 250 G

≈ 8 SERVINGS PER PACK

9g

PLANT PROTEIN PER
30 G SERVE

159kcal

ENERGY PER 30 G
SERVE

Roasted Salted Pumpkin Seeds

SAVOURY · PROTEIN-FORWARD · PER 30
G SERVE

172

KCAL

9g

PROTEIN

1.8g

FIBRE

Caramel Coated Sunflower Seeds

SWEET · CRUNCHY · PER 30 G SERVE

159

KCAL

4.2g

PROTEIN

8.7g

SUGAR

Roasted Salted *Pumpkin Seeds*

Slow-roasted kernels, lightly salted — nothing fried, nothing coated. A dense little source of plant protein, good fats and magnesium.

573

KCAL / 100 G

30_g

PROTEIN / 100 G

6_g

FIBRE / 100 G



HIGH

30_g**Plant Protein**

Per 100 g — about 9 g in a single 30 g serve, roughly 18% of a day's protein.



Per serve 9 g 18% RDA



RICH

550_{mg}**Magnesium**

One of nature's richest sources — a 30 g serve delivers around 44% of daily magnesium.



Per serve 165 mg 44% RDA



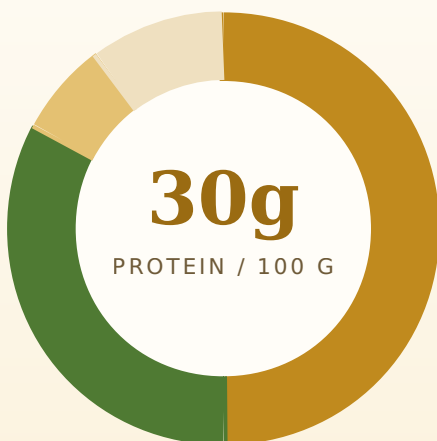
GOOD FATS

45_g**Healthy Fats**

Mostly unsaturated fats from the seed itself — no added or hydrogenated oils.



Saturated 8.5 g 0 g trans fat

**Healthy Fats**

Unsaturated seed oils — **50%**
45 g

Plant Protein

Complete-ish seed protein — 30 g **33%**

Dietary Fibre

Gut-friendly roughage — 6 g **7%**



Net Carbs

Naturally low — 9 g

10%

NUTRIENT	PER 30 G SERVE	PER 100 G	% RDA*
Energy Calories	172 kcal	573 kcal	9%
Protein Plant-based	9.0 g	30 g	18%
Total Fat of which saturated 2.6 g / serve	13.5 g	45 g	19%
Carbohydrate of which sugars 0.4 g / serve	4.5 g	15 g	2%
Dietary Fibre Insoluble & soluble	1.8 g	6 g	6%
Magnesium Supports muscle & nerve function	165 mg	550 mg	44%
Iron Oxygen transport	2.4 mg	8.1 mg	13%

Zinc

Immunity & repair

2.3 mg

7.6 mg

19%

Sodium

From the light salting

102 mg

340 mg

5%

Caramel Coated *Sunflower Seeds*

Crunchy roasted sunflower kernels wrapped in a light golden caramel — a sweeter treat that still carries the seed's protein, fibre and healthy fats underneath.

530

KCAL / 100 G

14_g

PROTEIN / 100 G

29_g

SUGARS / 100 G



ENERGY

530**Kcal / 100 g**

A quick-energy sweet snack — about 159 kcal in a 30 g serve.



Per serve 159 kcal 8% RDA



CONTAINS

29_g**Total Sugars**

Mostly from the caramel glaze — around 8.7 g of sugar per 30 g serve. Enjoy mindfully.



Per serve 8.7 g Treat snack



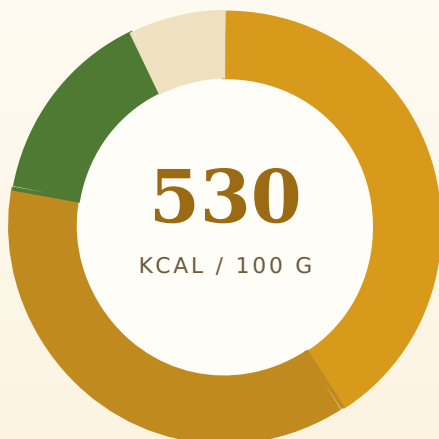
STILL THERE

14_g**Plant Protein**

The sunflower kernel keeps its protein and healthy fats beneath the sweet coat.



Per serve 4.2 g 8% RDA

**Carbohydrate**

Caramel glaze + seed carbs — 38 g net

41%**Healthy Fats**

Sunflower seed oils — 34 g

37%**Plant Protein**

Seed protein — 14 g

15%**Dietary Fibre**

Roughage — 6 g

7%

NUTRIENT

PER 30 G SERVE

PER 100 G

% RDA*

Energy

Calories

159 kcal

530 kcal

8%

Protein

Plant-based

4.2 g

14 g

8%

Total Fat

of which saturated 1.2 g / serve

10.2 g

34 g

15%

Carbohydrate

of which sugars 8.7 g / serve

13.2 g

44 g

5%

Total Sugars

Largely from caramel glaze

8.7 g

29 g

—

Dietary Fibre

Insoluble & soluble

1.8 g

6 g

6%

Magnesium

Supports muscle & nerve function

68 mg

225 mg

18%

Iron

Oxygen transport

1.1 mg

3.7 mg

6%

Sodium

Trace, from processing

36 mg

120 mg

2%

THE SNACKSEED PROMISE

What you won't find in either pack

×

Artificial
Colours

NONE ADDED

×

Artificial
Flavours

NONE ADDED

×

Added
Preservatives

NONE ADDED

×

Trans Fat

0 G

PICK YOUR CRAVING

Pumpkin vs *Sunflower*, side by side

Both per 100 g, so you can choose between the savoury protein hit and the sweet crunchy treat.

PER 100 G	PUMPKIN (SALTED)	SUNFLOWER (CARMEL)
Energy	573 kcal	530 kcal
Protein	30 g	14 g
Total Fat	45 g	34 g
Carbohydrate	15 g	44 g
of which Sugars	1.4 g	29 g
Dietary Fibre	6 g	6 g
Magnesium	550 mg	225 mg
Best for	Everyday protein snack	Sweet-tooth moments



Honest nutrition, nothing hidden

SnackSeed by Brve is built on clean ingredients and transparent labelling. The values on this page let you snack with your eyes open — savoury or sweet, you always know what's inside the pack.

*% RDA figures are indicative, based on a 2,000 kcal reference diet and ICMR-NIN adult reference values. Nutrition values shown are typical/indicative figures derived from published food-composition data for roasted salted pumpkin seed kernels and caramel-coated roasted sunflower seed kernels; they are not a substitute for a batch-specific laboratory analysis. Actual values may vary with seasoning, coating thickness and natural batch-to-batch variation. Values are rounded. Serving size 30 g; pack net weight 250 g (approx. 8 servings).

SnackSeed by Brve

Clean. Crunchy. Honest snacking.