



## Heygates Limited

### 5 Seed Blend

<u>Ingredients:</u>	Brown Linseed	20 %
	Golden Linseed	20 %
	Sunflower seed	20 %
	Pumpkin seed	20 %
	Toasted sesame	20 %

Physical : An homogenous blend of seeds for use as a bread ingredient.  
Product should be free flowing and free from foreign taint , mould and infestation.

Storage Conditions : Cool , dry , ambient.

Shelf Life : 6 months

	Energy kJ	Energy Kcal	Protein	Total Fat	Saturated	Carbohydrate	Dietary fibre	Sodium
Brown Linseed	2059	492	19.5	34	3.196	34.25	27.9	34 mg
Golden Linseed	2059	492	19.5	34	3.196	34.25	27.9	34 mg
Sunflower Seed	2385	570	22.78	49.57	5.195	18.76	10.5	3 mg
Pumpkin seed	2264	541	24.54	45.85	8.674	17.81	3.9	18 mg
Toasted Sesame	2364	565	16.96	48	6.722	25.74	14	11 mg

All information per 100 gms , resourced from USDA website for guide purposes.