

MAKHANA POPS

TRADE CATALOGUE 2026

ALL THE CRUNCH, ZERO GUILT

Roasted lotus seeds · 7 flavours · 4 formats · Nutri-Score B



THE LOTUS SEED, **ROASTED and CRUNCHY**

Makhana is the seed of the lotus flower. It has been grown in India for more than 3,000 years, mainly in the lakes of Bihar, on the banks of the Ganges.

Once roasted, the seed pops open and turns airy and crunchy: a texture the savoury snack aisle does not have yet.

WHAT SHOPPERS **Want FROM THEIR SNACKS**

Natural ingredients, transparency and real nutritional value: today's shoppers expect more from their snacks.

Makhana Pops answers with a tasty savoury snack, inspired by centuries of tradition, with no compromise on flavour.

Nutri-Score B on all 7 flavours An exceptional result in the savoury snack category.

High in fibre 6 to 9.4 g of fibre per 100 g, depending on the flavour.

Gluten free All 7 flavours are gluten free.

Six have no added sugars and four are suitable for vegans.



cream&onion

Inspired by European flavours

This recipe pairs the softness of cream and onion with the lightly roasted taste of makhana.

NUTRI-SCORE B

HIGH IN FIBRE

GLUTEN FREE



123 Kcal PER 25 G BAG

TYPICAL VALUES	100 g	25 G BAG	% RI*
Energy	2057 kJ / 491 kcal	514 kJ / 123 kcal	6%
Fat	21 g	5.3 g	8%
of which saturates	4.5 g	1.1 g	6%
Carbohydrate	67.5 g	16.9 g	7%
of which sugars	1 g	0.3 g	0%
Fibre	9.4 g	2.4 g	
Protein	8 g	2 g	4%
Salt	2.25 g	0.56 g	9%

*Reference intake of an average adult (8,400 kJ / 2,000 kcal). Salt calculated from sodium ($\times 2.5$).

Ingredients TO BE COMPLETED

Allergens TO BE COMPLETED

EAN 25 g bag: TO BE COMPLETED 65 g bag: TO BE COMPLETED 40 g tube: TO BE COMPLETED
80 g tube: TO BE COMPLETED

CHEESE & HERBS

A Mediterranean flavour

Cheese, oregano, garlic and onion for a rich, refined taste.

NUTRI-SCORE B

HIGH IN FIBRE

GLUTEN FREE

NO ADDED SUGARS



118 KCAL PER 25 G BAG

TYPICAL VALUES	100 G	25 G BAG	% RI*
Energy	1976 kJ / 472 kcal	494 kJ / 118 kcal	6%
Fat	18.4 g	4.6 g	7%
of which saturates	1.5 g	0.4 g	2%
Carbohydrate	68.2 g	17.1 g	7%
of which sugars	1 g	0.2 g	0%
Fibre	9 g	2.3 g	
Protein	8 g	2 g	4%
Salt	2.72 g	0.68 g	11%

*Reference intake of an average adult (8,400 kJ / 2,000 kcal). Salt calculated from sodium ($\times 2.5$).

Ingredients TO BE COMPLETED

Allergens TO BE COMPLETED

EAN 25 g bag: TO BE COMPLETED 65 g bag: TO BE COMPLETED 40 g tube: TO BE COMPLETED
80 g tube: TO BE COMPLETED



109 KCAL PER 25 G BAG

Pink Himalayan salt

Pure lightness

Makhana lightly roasted with pink Himalayan salt, for a pure, natural crunch.

Nutri-Score B

High in fibre

Gluten free

No added sugars

Suitable for vegans

Typical values	100 g	25 g bag	% RI*
Energy	1822 kJ / 435 kcal	455 kJ / 109 kcal	5%
Fat	11.1 g	2.8 g	4%
of which saturates	2.9 g	0.7 g	4%
Carbohydrate	75.6 g	18.9 g	7%
of which sugars	0 g	0 g	0%
Fibre	6.2 g	1.6 g	
Protein	8 g	2 g	4%
Salt	1.21 g	0.30 g	5%

*Reference intake of an average adult (8,400 kJ / 2,000 kcal). Salt calculated from sodium (× 2.5).

Ingredients	To be completed		
Allergens	To be completed		
EAN	25 g bag: To be completed	65 g bag: To be completed	40 g tube: To be completed
	80 g tube: To be completed		



120 KCAL PER 25 G BAG

Lemon & CHILLI

Freshness that wakes you up

Tangy lemon meets hot chilli for a bold, refreshing crunch with an intense finish.

NUTRI-SCORE B

HIGH IN FIBRE

GLUTEN FREE

NO ADDED SUGARS

SUITABLE FOR VEGANS

TYPICAL VALUES	100 G	25 G BAG	% RI*
Energy	2016 kJ / 482 kcal	504 kJ / 120 kcal	6%
Fat	19.9 g	5 g	7%
of which saturates	1.7 g	0.4 g	2%
Carbohydrate	67.7 g	16.9 g	7%
of which sugars	1.4 g	0.4 g	0%
Fibre	8.4 g	2.1 g	
Protein	8 g	2 g	4%
Salt	2.85 g	0.71 g	12%

*Reference intake of an average adult (8,400 kJ / 2,000 kcal). Salt calculated from sodium ($\times 2.5$).

Ingredients TO BE COMPLETED

Allergens TO BE COMPLETED

EAN 25 g bag: TO BE COMPLETED 65 g bag: TO BE COMPLETED 40 g tube: TO BE COMPLETED
80 g tube: TO BE COMPLETED



116 Kcal PER 25 G BAG

PINK SALT & PEPPER

Simple, pure, intense

Pure Himalayan salt and bold black pepper for a crisp, clean, perfectly balanced crunch.

NUTRI-SCORE B

HIGH IN FIBRE

GLUTEN FREE

NO ADDED SUGARS

SUITABLE FOR VEGANS

TYPICAL VALUES	100 G	25 G BAG	% RI*
Energy	1938 kJ / 463 kcal	485 kJ / 116 kcal	6%
Fat	17.6 g	4.4 g	6%
of which saturates	2.8 g	0.7 g	4%
Carbohydrate	67.2 g	16.8 g	6%
of which sugars	0 g	0 g	0%
Fibre	6 g	1.5 g	
Protein	9 g	2.2 g	4%
Salt	2.09 g	0.52 g	9%

*Reference intake of an average adult (8,400 kJ / 2,000 kcal). Salt calculated from sodium ($\times 2.5$).

Ingredients TO BE COMPLETED

Allergens TO BE COMPLETED

EAN 25 g bag: TO BE COMPLETED 65 g bag: TO BE COMPLETED 40 g tube: TO BE COMPLETED
80 g tube: TO BE COMPLETED

BARBECUE

Smoky and irresistible

An intense smoky barbecue flavour, with spicy notes and a subtle sweet touch.

NUTRI-SCORE B

HIGH IN FIBRE

GLUTEN FREE

NO ADDED SUGARS

SUITABLE FOR VEGANS

TYPICAL VALUES	100 G	25 G BAG	% RI*
Energy	2023 kJ / 483 kcal	506 kJ / 121 kcal	6%
Fat	20 g	5 g	7%
of which saturates	4.3 g	1.1 g	6%
Carbohydrate	66.9 g	16.7 g	6%
of which sugars	1.8 g	0.5 g	1%
Fibre	8.6 g	2 g	
Protein	8.9 g	2.2 g	4%
Salt	2.46 g	0.62 g	10%

*Reference intake of an average adult (8,400 kJ / 2,000 kcal). Salt calculated from sodium ($\times 2.5$).

Ingredients TO BE COMPLETED

Allergens TO BE COMPLETED

EAN 25 g bag: TO BE COMPLETED 65 g bag: TO BE COMPLETED 40 g tube: TO BE COMPLETED
80 g tube: TO BE COMPLETED

121 KCAL PER 25 G BAG





109 KCAL PER 25 G BAG

TRUFFLE

Gourmet, guilt free

Intense black truffle with buttery, salty notes, for a crunchy texture and indulgent refinement.

NUTRI-SCORE B

HIGH IN FIBRE

GLUTEN FREE

NO ADDED SUGARS

TYPICAL VALUES	100 g	25 G BAG	% RI*
Energy	1824 kJ / 436 kcal	456 kJ / 109 kcal	5%
Fat	10.8 g	2.7 g	4%
of which saturates	0 g	0 g	0%
Carbohydrate	76.6 g	19.2 g	7%
of which sugars	0.8 g	0.2 g	0%
Fibre	8 g	2 g	
Protein	8 g	2 g	4%
Salt	2.18 g	0.55 g	9%

*Reference intake of an average adult (8,400 kJ / 2,000 kcal). Salt calculated from sodium ($\times 2.5$).

Ingredients

TO BE COMPLETED

Allergens

TO BE COMPLETED

EAN

25 g bag: TO BE COMPLETED

65 g bag: TO BE COMPLETED

40 g tube: TO BE COMPLETED

80 g tube: TO BE COMPLETED

4 FORMATS, all THE LOGISTICS



25 G BAG



65 G BAG



40 G TUBE



80 G TUBE

UNIT				
Dimensions	10.1 × 6.6 × 20 cm	14.3 × 9.4 × 26 cm	8.3 cm diameter × 9.5 cm	8.3 cm diameter × 17.5 cm
Net / gross weight	25 g / 31.5 g approx.	65 g / 81 g approx.	40 g / 90 g approx.	80 g / 145 g approx.
CASE				
Units	48 bags (16 bags × 3 layers)	16 bags (16 bags × 1 layer)	45 tubes (15 tubes × 3 layers)	15 tubes (15 tubes × 1 layer)
Dimensions	50 × 30 × 35 cm	60 × 33 × 26 cm	42.5 × 25.9 × 29.5 cm	42.5 × 25.9 × 18.5 cm
Net / gross weight	1.2 kg / 2.31 kg approx.	1.04 kg / 2.13 kg approx.	1.8 kg / 4.85 kg approx.	1.2 kg / 2.97 kg approx.
PALLET				
Cases	32 cases (8 cases × 4 layers)	36 cases (6 cases × 6 layers)	40 cases (8 cases × 5 layers)	64 cases (8 cases × 8 layers)
Units	1,536 bags	576 bags	1,800 tubes	960 tubes
Dimensions	120 × 100 × 156 cm	120 × 100 × 172 cm	120 × 100 × 164 cm	120 × 100 × 164 cm
Net / gross weight	38.4 kg / 102 kg approx.	37.4 kg / 104.5 kg approx.	72 kg / 222 kg approx.	76.8 kg / 218.4 kg approx.
TRUCK				
Pallets / cases	26 pallets / 832 cases	26 pallets / 936 cases	26 pallets / 1,040 cases	26 pallets / 1,664 cases
Units	39,936 bags	14,976 bags	46,800 tubes	24,960 tubes
Net / gross weight	998.4 kg / 2,652 kg approx.	974 kg / 2,717 kg approx.	1,872 kg / 5,772 kg	1,996.8 kg / 5,678.4 kg

Shelf life: **TO BE COMPLETED** · Storage conditions: **TO BE COMPLETED** · Origin: Lotus seed grown in India



innovation award PÉPITES D'OR 2026

Makhana Pops won the Pépites d'Or 2026, the innovation award from Intermarché and the FEEF (Federation of Companies and Entrepreneurs of France), which recognises the most innovative products in the savoury snack category.

REQUEST SAMPLES and TERMS

Tell us who you are, your company and the formats you are interested in.

We will send you samples of the range and our terms.

makhanaPOPS.com/en

Distribution in Spain: **TO BE COMPLETED**

**MAKHANA
POPS**