

# Spices

## Nutmeg Whole 500g

**Product ID:**

NUTM272-500

**Product Name:**

Nutmeg Whole 500g

**Country of Origin:**

Indonesia / India

**Description:**

The whole dried seed of the nutmeg tree, L: Myristica fragrans, family: Myristicaceae, where the pericarp is removed from seeds by abrasion. The product is light tan to brown in colour with strong aromatic flavour.

**Intended Use:**

Food supplied as an ingredient for use in further manufacturing or processing

**Ingredient Listing:**

Nutmeg

**Pack Size:** 500g

**Net Weight:** 0.5

**Per Pallet:** 480

Product specifications subject to change without notice.

**Nutritional Information: Amount per 100g**

Energy Kj	2,220
Protein	5.84
Total Fat	36.3
Saturated Fat	25.9
Total Carbohydrate	28.6
Sugar	2.99
Dietry Fibre	20.8
Sodium	16



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