



# Ground Nutmeg

**UNIT:** 1 x 500g



## Description

A dark reddish brown coarse granular powder resulting from the grinding of whole nutmegs (Myristica fragrans )



## Allergen Information



Cereal



Milk



Eggs



Peanuts



Nuts



Crustaceans



Mustard



Fish



Lupin



Sesame



Celery



Soya



Molluscs



SO2

## Specifications

### Nutrition

Typical Values	Per 100g/ml
Energy	2200 kJ 525 kcal
Fat	36.3 g
- of which saturates	25.9 g
Carbohydrates	28.5 g
- of which sugars	3 g
Fibre	20.8 g
Protein	5.8 g
Salt	0.04 g

### Allergens

Contains Cereal
Contains Gluten
Contains Milk
Contains Eggs
Contains Peanuts
Contains Nuts
Contains Crustaceans
Contains Mustard
Contains Fish
Contains Lupin
Contains Sesame
Contains Celery
Contains Soya
Contains Molluscs
Contains Sulphur Dioxide

### Dietary Information

No	Suitable for Vegetarians	Yes
-	Suitable for Vegans	Yes
No	Suitable for Sufferers of Lactose	
No	Intolerance	
No	Suitable for Coeliacs	
No	Approved for a Halal Diet	Yes
No	Approved for a Kosher Diet	Yes

### Ingredients

Ground nutmeg

### Directions for Use

N/A

### Storage Instructions

Ambient, dry, away from sunlight

### Packaging

GTIN: 5060154036145  
Inner GTIN: 5060154036152  
Weight/Volume:  
Packaging Type: Poly Treated PET/PE

### Country of Origin

Other (Indonesia/India)

All Allergen and Nutrition information drawn from [www.erudus.com](http://www.erudus.com) on 01/02/2026