



Whole Green Cardamoms

UNIT: 1 x 400g



Description

The green elliptical pods of the genus (*Elettaria cardamomum*).



Allergen Information



Cereal



Milk



Eggs



Peanuts



Nuts



Crustaceans



Mustard



Fish



Lupin



Sesame



Celery



Soya



Molluscs



SO2

Specifications

Nutrition

Typical Values	Per 100g/ml
Energy	1303 kJ
	311 kcal
Fat	6.7 g
- of which saturates	0.7 g
Carbohydrates	40.5 g
- of which sugars	0 g
Fibre	28 g
Protein	10.8 g
Salt	0.05 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

Whole green cardamoms

Directions for Use

N/A

Storage Instructions

Ambient, dry, away from sunlight

Packaging

GTIN: 5060154035803
Inner GTIN: 5060154035810
Weight/Volume:
Packaging Type: Poly Treated PET/PE

Country of Origin

Guatemala ()

All Allergen and Nutrition information drawn from www.erudus.com on 05/02/2026