



Whole Mace

UNIT: 1 x 250g



Description

The dried arillus that surrounds the nutmeg kernel of *Myristica fragans*. Orange yellow to orange in colour.



Allergen Information



Cereal



Milk



Eggs



Peanuts



Nuts



Crustaceans



Mustard



Fish



Lupin



Sesame



Celery



Soya



Molluscs



SO2

Specifications

Nutrition

Typical Values	Per 100g/ml
Energy	1990 kJ
	475 kcal
Fat	32.4 g
- of which saturates	9.5 g
Carbohydrates	30.3 g
- of which sugars	0 g
Fibre	20.2 g
Protein	6.7 g
Salt	0.2 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 Mace

Directions for Use

N/A

Storage Instructions

Ambient, dry, away from sunlight

Packaging

GTIN: 5060154036060

Inner GTIN: 5060154036077

Weight/Volume:

Packaging Type: Poly Treated PET/PE

Country of Origin

Other (Costa Rica, Grenada, Papua, Indonesia)

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