

# Whole Nutmeg

**UNIT:** 1 x 650g



## Description

The whole fruits of the species *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<br>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 Intolerance | Yes |
| No | Suitable for Coeliacs                         | Yes |
| No | Approved for a Halal Diet                     | No  |
| No | Approved for a Kosher Diet                    | No  |
| No |   |     |
| No |   |     |
| No |   |     |
| No |   |     |
| No |   |     |
| No |   |     |

### Ingredients

Whole Nutmeg

### Directions for Use

N/A

### Storage Instructions

Ambient, dry, away from sunlight

### Packaging

GTIN: 5060154036169  
Inner GTIN: 5060154036176  
Weight/Volume: 650grams  
Packaging Type: Poly Treated PET/PE

### Country of Origin

Other (Indonesia)

All Allergen and Nutrition information drawn from [www.erudus.com](http://www.erudus.com) on 26/05/2025