

# 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 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 27/05/2025