

# Whole Nutmeg

**UNIT:** 1 x 650g



## Description

The whole fruits of the species Myristica fragrans



## Allergen Information



























No



### 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	No
Contains Gluten	-
Contains Milk	No
Contains Eggs	No
Contains Peanuts	No
Contains Nuts	No
Contains Crustaceans	No
Contains Mustard	No
Contains Fish	No
Contains Lupin	No
Contains Sesame	No
Contains Celery	No
Contains Soya	No
Contains Molluscs	No

#### Ingredients

Whole Nutmeg

#### Directions for Use

Contains Sulphur Dioxide

N/A

### Storage Instructions

**Dietary Information** 

Suitable for Sufferers of Lactose

Yes

Yes

Yes

Yes

No

No

Suitable for Vegetarians

Suitable for Vegans

Suitable for Coeliacs

Approved for a Halal Diet

Approved for a Kosher Diet

Intolerance

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 on 14/06/2025