

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 on 31/08/2025