

# 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 12/02/2025