



Culinary Masters
162015 - Indian Black Cardamom Whole

Unlike green pods this cardamom is rarely used in deserts and sweet dishes. It is a staple spice used in African, Indian and Middle Eastern cooking. It has a unique smoky flavor and is used in Basmati rice and stew type dishes.



* Benefits

Native to the Eastern Himalayan regions, Black Cardamom is a large brown pod containing highly aromatic seeds. Unlike green pods this cardamom is rarely used in deserts and sweet dishes. It is a staple spice used in African, Indian and Middle Eastern cooking. It has a unique smoky flavor and is used in Basmati rice and stew type dishes. Black cardamom should be used sparingly due to its intense and rich flavor.

Ingredients

⚠ Allergens

Nutrition Facts

Servings per Container
Serving size

Amount per serving
Calories

	% Daily Value*
Total Fat	%
Saturated Fat	%
Trans Fat	
Cholesterol	%
Sodium	%
Total Carbohydrate	%
Dietary Fiber	%
Total Sugars	
Includes Added Sugar	%
Protein	
Vitamin D	%
Calcium	%
Iron	%
Potassium	%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Handling Suggestions

Store in a cool dry place UNIT UPC:
688032230192

Serving Suggestions

Use where cardamom is needed

Prep & Cooking Suggestions

See label for suggestions

📄 Product Specifications

Brand			Manufacturer			
Culinary Masters			Culinary Masters			
UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.	
688032230192	162015	162015	01068803223019		1/12 OZ	
Gross Weight	Net Weight	Country of Origin		Kosher	Child Nutrition	
0.9lb	0.75lb			No		
Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
3.6in	2.7in	8.2in	0.05ft3	12x5	730days	60°F / 77°F



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Nutrition Analysis - By Measure

Calories		Total Fat		Sodium	
Protein		Trans Fats		Calcium	
Total Carbohydrates...		Saturated Fat		Iron	
Sugars		Added Sugars		Potassium	
Dietary Fiber		Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol			
Vitamin A(IU)•		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images

