

Culinary Master

163958 - Green Cardamom Whole

Cardamom Green Whole/Pod has a fresh, floral, and lemon-like flavor. It has a wide culinary use, from sweets to meats, and even beverages.



| | | Nutrition Fa Servings per Container Serving size | cts |
|--|---|--|-------------|
| | Cardanom Green Whole/Pod | Amount per serving Calories | |
| | Guatemala | % Da | aily Value* |
| | | Total Fat | % |
| | The second se | Saturated Fat | % |
| | | Trans Fat | |
| | | Cholesterol | % |
| ★ Benefits | | Sodium | % |
| | | Total Carbohydrate | % |
| cardamom seeds hold the flavor, once the | spice in Indian and Scandinavian cooking. While pod is opened, that flavor begins to dissipate. A | Dietary Fiber | % |
| unique flavor for thousands of years. our | , green cardamom has been prized for its bright, flavorful Cardamon Green Whole/Pod can steal the | Total Sugars | |
| show in savory as well as dessert dishes a | nd elevate your beverages. | Includes Added Sugar | % |
| Ingredients | Allergens | Protein | |
| | | Vitamin D | % |
| Cardamom | Free From: | | <u> </u> |
| | (crustaceans () eggs (fish () milk | Iron | <u> </u> |
| | Soy 🛞 peanuts () soy () tree nuts () wheat | Potassium | % |
| | | * The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. a day is used for general nutrition advice. | |

Product Specifications

| Handling Suggestions | Product Specifications | | | | | | | | |
|----------------------------|------------------------|--------|-----------------|---------|-----------|------------------|------|----------|---------------|
| See label for suggestions | Brand | | Manufacturer | | | Product Category | | | |
| | Culinary Master | | Culinary Master | | ster | Spices | | | |
| Serving Suggestions | UI | РС | MFG # | SPC # | ŧ | GTIN | | Pack | Pack Desc. |
| See label for suggestions | 688032 | 021271 | 163958 | 16395 | 8 010 | 68803202 | 2127 | | 1/14 OZ |
| | Gross V | Veight | Net Wei | ght Cou | untry of | Origin | Kosh | er Ch | ild Nutrition |
| Prep & Cooking Suggestions | 1.1 | lb | 0.88lb | | Inited St | tates | No | | |
| See label for suggestions | | | | Shippi | ng Infor | mation | | | |
| | Length | Width | Height | Volume | TIxHI | Shelf Lif | e St | orage Te | emp From/To |
| | 3.6in | 2.7in | 8.2in | 0.05ft3 | 12x5 | 280day | s | 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 |

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