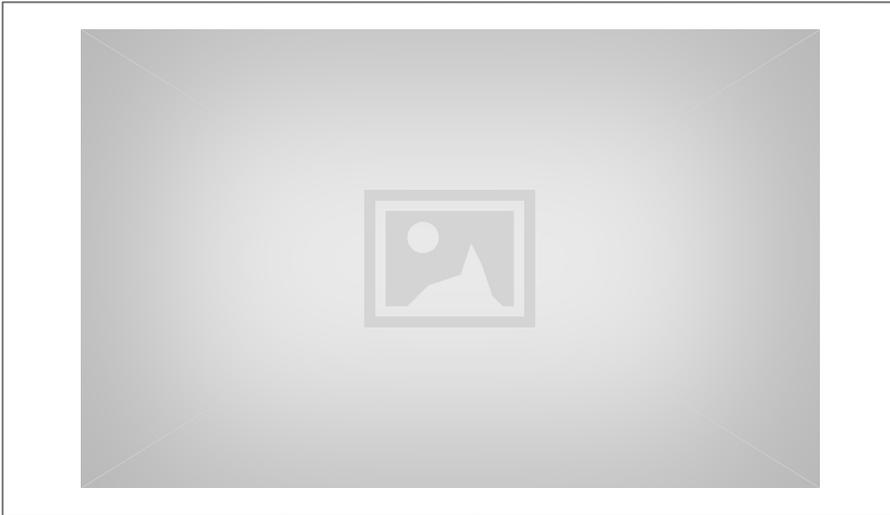




## Culinary Masters

# 164047 - Grade A Fancy Yellow Mustard Seed

Whole Yellow Mustard seeds don't have much taste or aroma until they are bitten into or ground. Once opened or bitten into, mustard seeds are pungent, sharp, and earthy.



## Nutrition Facts

Servings Per Container

Serving size **100.0g (100g)**

Amount per serving  
**Calories 508**

% Daily Value\*

**Total Fat** 36 g %

Saturated Fat 2 g %

Trans Fat

**Cholesterol** %

**Sodium** 13 mg %

**Total Carbohydrate** 28 g %

Dietary Fiber 12 g %

Total Sugars 7 g

Includes Added Sugar %

**Protein** 26 g

Vitamin D %

Calcium 266 mg %

Iron 9 mg %

Potassium 738 mg %

\* 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.

### \* Benefits

Whole Yellow Mustard seeds don't have much taste or aroma until they are bitten into or ground. Once opened or bitten into, mustard seeds are pungent, sharp, and earthy. Mustard Seed pairs well with bay, chili, coriander, cumin, dill, fennel, fenugreek, garlic, honey, nigella, parsley, pepper, tarragon and turmeric.

Mustard seeds can be substituted for one another, so you can use the brown mustard seeds in place of the yellow quite easily at a 1:1 ratio. Just keep in mind that the darker the mustard seed, the more spice it will have, so be sure to taste as you are seasoning.

### Ingredients

100% Mustard

### ⚠ Allergens

### Handling Suggestions

Between (65-75) F with (60% - 65%) Humidity  
DO NOT STORE NEAR ODOR PRODUCING  
SUBSTANCES---  
UNIT UPC: 688032022155  
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### Serving Suggestions

We love using homemade mustard in deviled eggs, ham, cheese, pork and bean dishes, in cocktail and barbeque sauces, and in soups or chowders.  
Ground and whole mustard seed is popular in sauces like Hollandaise, in dressings, and works well with mayonnaise. Strong flavors like grilled and roasted beef, cabbage, strong cheeses, chicken, curries, dals, fish, and seafood, cold meats, rabbit, sausages and barbeque rubs all compliment mustard seeds nicely.

### Prep & Cooking Suggestions

See label for suggestions

### 📄 Product Specifications

Brand	Manufacturer
Culinary Masters	Culinary Masters

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
688032022155	164047	164047	01068803202215		1/26 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
1.8 lb	1.63 lb	Canada	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
3.6 in	2.7 in	8.2 in	0.05 ft3	12x5	730 days	60 °F / 77 °F



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### Nutrition Analysis - By Measure

Calories	508	Total Fat	36 g	Sodium	13 mg
Protein	26	Trans Fats		Calcium	266 mg
Total Carbohydrates...	28 g	Saturated Fat	2 g	Iron	9 mg
Sugars	7 g	Added Sugars		Potassium	738 mg
Dietary Fiber	12 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol			
Vitamin A(U)		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

