

## CINNAMON BARK

### BPAA

**This product has been treated with irradiation.**

Description: The dried bark of a tree in the laurel family, cassia is sometimes known as Chinese cinnamon. Cassia is thicker and coarser and its taste is less delicate than cinnamon. The bark has been broken into pieces of various sizes.

#### Physical Properties

Appearance	Light to dark tan with reddish undertones.
Size	Varies from approximately 1/2"- 1" small chips

#### Organoleptic Properties

Flavor	Pungent, warm and sweet
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#### Chemical Properties

Moisture	Maximum: 14 %	Method: Halogen Thermogravimetric Analysis
Volatile Oil	Minimum: 2.5 %	Method: ASTA Analytical Method #5.0

#### Microbiological Properties

Irradiated Product Statement	Based on the dose values listed below we certify that this product meets all micro specs.
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#### Packaging, Labeling, Storage

Packaging	Plastic jar, bag in box or to customer specification.
Receiving Conditions	Product should be shipped and handled in a sanitary manner.
Storage Conditions	Store in a dry, cool place.
Shelf Life	36 months (under optimum storage conditions).

#### Other

Gluten Status	This product (and if applicable its ingredients) by nature does not contain the gluten proteins found in wheat, rye or barley. This product has not been tested to verify gluten levels less than 20 ppm.
Natural Status	This product has nothing artificial or synthetic added to it. It does not meet the definition of all natural as a result of it being irradiated.
BE Status	This product does not contain bioengineered ingredients.
Vegan Status	This product does not contain any animal derived products including meat, milk, seafood, eggs, honey or bone char.
Halal Status	This product does not contain alcohol, natural L-cysteine extracted from hair or feathers, animal fats and/or extracts, bloods of any origin, blood plasma, pork and/or other meat by-products & alcohol is not used as a processing aid.
SDS Waiver	To the best of our knowledge this product is non-hazardous and not subject to the requirements of 29 CFR 1910.1200. Although this product does not require specific hazard precautions, users should take care to minimize personnel exposure and workplace contamination.



OliveNation LLC  
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[www.OliveNation.com](http://www.OliveNation.com) / 617-580-3667

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### ALLERGEN STATEMENT

"Q #1: Does the item above contain any of the following allergens or their derivatives?"		"Q #2: Is the item above produced on equipment that comes in contact with any of the following allergens?"		"Q #3: Is the item above produced in a facility that uses or processes these allergens?"		ALLERGENS
YES	NO	YES	NO	YES	NO	
	X	X		X		MILK
	X	X		X		EGGS
	X	X		X		SOYBEANS
	X	X		X		WHEAT
	X		X		X	PEANUTS
	X	X		X		TREE NUTS
	X		X		X	FISH
	X		X		X	CRUSTACEAN SHELLFISH
	X	X		X		SESAME
	X	X		X		MUSTARD
	X	X		X		ADDED SULFITES

Equipment is cleaned and sanitized between production runs to prevent allergens from contaminating non-allergenic products.



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#### **Ingredient Statement**

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Cinnamon

#### **Product Certifications**

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Certified Kosher Parve

#### **Proximate Analysis**

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Protein	3.99	g
Carbohydrate	80.59	g
Moisture	10.58	g
Ash	3.60	g
Fat	1.24	g

#### **Nutritional Analysis**

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Serving Size	100.00	g
Calories	247.00	
Total Fat	1.24	g
Saturated Fat	0.35	g
Trans. Fat	0.00	g
Cholesterol	0.00	mg
Sodium	10.00	mg
Total Carbohydrates	80.59	g
Dietary Fiber	53.10	g
Sugars	2.17	g
Protein	3.99	g
Vitamin A	295.00	IU
Vitamin C	3.80	mg
Calcium	1,002.00	mg
Iron	8.32	mg
Added Sugars	0.00	g
Vitamin D	0.00	mcg
Potassium	431.00	mg



NON  
GMO

GLUTEN  
FREE

STORE IN A DRY, COOL PLACE.

## CINNAMON BARK

Cassia Bark Cinnamon is spicy-sweet, rolled, woody pieces perfect for infusing a curry, dessert sauce or hot drink.

- Light to dark tan with reddish undertones
- Approximately 1/2 to 1 inch small chips
- Pungent, warm and sweet

### Nutrition Facts

servings per container	
Serving size 1/4 teaspoon (.5g)	
<b>Amount per serving</b>	
<b>Calories</b>	<b>0</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0 g	<b>0%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 0 mg	<b>0%</b>
<b>Total Carbohydrate</b> 0 g	<b>0%</b>
Dietary Fiber 0 g	<b>0%</b>
Total Sugars 0 g	
Includes 0 g Added Sugars	<b>0%</b>
<b>Protein</b> 0 g	
Vitamin D 0.0 mcg	<b>0%</b>
Calcium 5.0 mg	<b>0%</b>
Iron 0.0 mg	<b>0%</b>
Potassium 2.2 mg	<b>0%</b>

\* 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.

### INGREDIENTS

Cinnamon

### BASIC PREP

Ready to use whole or ground. Add to taste.

### SUGGESTED USES

- Simmer in soymilk and honey for a delicious warming beverage.
- Sauté with lamb, eggplant and raisins for Middle Eastern flavor
- Add to mulled wine or spiced ciders

### RECIPE

Moroccan Chicken Tagine

1/4 cup olive oil  
1 medium onion, sliced  
2 tablespoon nigella seeds, lightly toasted, divided  
4 cloves garlic, minced  
1 teaspoon kosher salt  
1 teaspoon turmeric  
3/4 teaspoon ground ginger  
3/4 teaspoon ground black pepper  
1/2 teaspoon saffron threads  
1/4 teaspoon Cinnamon, ground  
1 whole (4 to 5-pound) chicken, cut into pieces  
1/2 preserved lemon, quartered  
1/3 cup water  
5 sprigs cilantro, tied into a bouquet

Spread olive oil over the base of a tagging or Dutch oven. Scatter with onion.

Grind 1 tablespoon nigella seeds and combine them with remaining half of (whole) nigella seeds, garlic, salt, turmeric, ginger, pepper, saffron and cinnamon in a small bowl.

Arrange chicken on top of onions skin-side up. Rub spice mixture into chicken. Add preserved lemon, water and cilantro to the tagine. Cover and cook over medium-low heat to bring it to a simmer. Reduce heat to low, cover and cook, flipping meat halfway through, until chicken is tender, about 2 hours. Discard the cilantro and preserved lemons and serve.

Serves 4

A classic chicken tagine gets its color from turmeric and saffron, its aromatics from a slew of spices that include cinnamon and its subtle oregano-like notes from nigella (or black caraway) seeds. Cooked slow and low, it's a comforting and easy dish to make in advance of for a homey Sunday supper.

Prep Time: 15 minutes  
Cook Time: 2-1/2 hours



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### **COUNTRY OF ORIGIN DECLARATION**

**THIS PRODUCT ORIGINATES FROM INDONESIA**