

GROUND NUTMEG

AARE

This product has been treated with ethylene oxide.

Description: Nutmeg (*Myristica fragans*) that has been ground into a powdered consistency.

Physical Properties

Appearance	Tan/brown powder
Size	Minimum 70% - US #30 Screen

Organoleptic Properties

Flavor	Typical of nutmeg, sweet.
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Chemical Properties

Moisture	Maximum: 12 %	Method: Halogen Thermogravimetric Analysis
Volatile Oil	Minimum: 5 %	Method: ASTA Analytical Method #5.0

Microbiological Properties

E. Coli	<10 cfu/g or <3 MPN/g	Method: FDA BAM or AOAC equivalent
Salmonella	NEG/25g	Method: FDA BAM or AOAC equivalent

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 is a 100% pure, natural substance. It does not contain any artificial, synthetic or natural identical additives.
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.

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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.



OliveNation LLC

13 Robbie Road, Suite A4, Avon, MA 02322

www.OliveNation.com / 617-580-3667

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Ingredient Statement

Nutmeg

Product Certifications

Certified Kosher Parve

Proximate Analysis

Protein	5.84	g
Carbohydrate	49.29	g
Moisture	6.22	g
Ash	2.34	g
Fat	36.31	g

Nutritional Analysis

Serving Size	100.00	g
Calories	525.00	
Total Fat	36.31	g
Saturated Fat	25.94	g
Trans. Fat	0.00	g
Cholesterol	0.00	mg
Sodium	16.00	mg
Total Carbohydrates	49.29	g
Dietary Fiber	20.80	g
Sugars	2.99	g
Protein	5.84	g
Vitamin A	5.10	mcg
Vitamin C	3.00	mg
Calcium	184.00	mg
Iron	3.04	mg
Added Sugars	0.00	g
Vitamin D	0.00	mcg
Potassium	350.00	mg



GROUND NUTMEG

Nutmeg is the hard, brown seed from the tropical evergreen tree that has warm, sweet, spicy flavor that is released when ground or grated.

- Light to dark brown
- Flavor compatible with cardamom, cinnamon, and cloves
- Fine-textured powder

STORE IN A DRY, COOL PLACE.

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

* 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.

BASIC PREP

Ready to use. Add to taste.

SUGGESTED USES

- Add to puddings, muffins, apple pie and other sweet dishes
- Include in brewing of eggnog and spiced wine
- Add to savory dishes such as pasta, onion sauces, steamed spinach and braised vegetables

RECIPE

Cheese Sauce

- 2 tablespoons butter
- 2 tablespoons flour
- 2 cups whole milk (room temperature or warmed to 110°)
- 1 cup shredded cheddar cheese
- 1 teaspoon salt
- 1/2 teaspoon Ground Nutmeg
- pinch of Organic Ground Fine White Peppercorns

Melt the butter in a 1 quart skillet or pot over medium low heat then add the flour. Stir the flour with a wooden spoon and press the flour into the butter to create a paste. Cook this paste for 1 or 2 minutes and the flour will begin to toast a bit, becoming golden and eventually brown. Keep the flour just about eggshell color.

Trade the spoon for a whisk and pour the milk in the pot slowly whisk continuously. The sauce will quickly thicken and become very smooth with the constant whisking. When the sauce begins to slightly bubble it is cooked. Whisk in the salt, Organic Ground Fine White Peppercorns and Nutmeg.

Yield: 2 1/2 cups

This recipe utilizes béchamel, which is one of the classic sauces used in French and Italian cuisine. It is one of a group of sauces known as "mother" sauces. The simple addition of cheese creates a smooth, rich sauce perfect for dips, nachos or in this case amazing mac n' cheese.

INGREDIENTS

Nutmeg



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COUNTRY OF ORIGIN DECLARATION
FOR
GROUND NUTMEG

THIS PRODUCT ORIGINATES FROM INDIA