

## ORGANIC NUT MEG

### PRODUCT SPECIFICATION

#### PRODUCT DESCRIPTION

Ceylon nutmeg is a versatile spice that changes character depending on how it is used, the flavor of hazelnut, is widely used to sweeten dishes. Ceylon nutmeg is a wonderful ingredient to include in Sheppard's pies, cheese dishes and root vegetable purees. It is also and an essential spice in seasoning of desserts, cakes, custards, and cookies which enhance the flavor of the food.

#### INGREDIENTS

100% Nut Meg

#### PACKAGING

Customized packaging & bulk packaging

#### STORAGE

Store in a cool, dry place 20 to 25 °C.

#### SHELF LIFE

24 months from date of manufacture

#### PRODUCT ACQUIRED

ISO 22000:2018, HACCP. GMP. USDA Organic, EU Organic

NUTRITION PROFILE	
Nutritional Facts	Per 100 g
Energy	513Kcal
Total Fat	29g
Saturated Fat	20.6g
Protein	6.0g
Total carbohydrate	57.1g
Dietary Fiber	29g
Sodium	86mg
Vitamin D	0mg
Calcium	257mg
Iron	14mg
Potassium	457mg

#### ORGANOLEPTIC PARAMETERS

Parameter	Test Method	Limits/Specification
Color	Visual	Dark Brown
Taste	Sensorial	Characteristic, strongly aromatic, warm pungent
Odor	Sensorial	Characteristic, strongly aromatic, warm pungent

#### NUT MEG GRADES IN SRI LANKA

NUTT MEG WITH SHELL

NUTT MEG WITHOUT SHELL