

# Product Information Sheet



*Always makes better*

**PRODUCT:**

**NUTMEG GROUND**

**KEY FEATURES - MALORA SPICES**

**BOTANICAL NAME:**

Myristica fragrans

Spices are used to complement and enhance the flavour of every meal.

**INGREDIENTS:**

Spice.

**PRODUCT APPLICATIONS**

To add a distinctive flavour to any meat dishes and cooked meals.

Add to baked goods to add distinctive flavour.

Enhance the flavour of mashed potato with a dash of nutmeg.

**PACK SIZES:**

500 gram

**Please visit our website for Recipes and Product Data Sheets if you require any further information**

**USAGE INSTRUCTIONS:**

According to own taste.

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<b>MALORA - NUTMEG GROUND</b>	
	<b>Per 100 g Powder</b>
Energy (kj)	2200
Protein (g)	5,8
Glyceamic carbohydrates (g)	49,3
of which total Sugars (g)	0,0
of which total Starch (g)	0,0
of which total Lactose (g)	0,0
Total Fat (g)	35,3
Saturated fat (g)	0,0
of which Trans fat (g)	0,0
Dietary Fibre (g)	4,0
Sodium (mg)	16
<i>All results calculated</i>	