



## Country Range Ground Nutmeg (4x500g)

### Additional Information

Product Code	110018
Product Description	Ground nutmeg. A sweet, and mildly spicy taste suitable for use in savoury dishes, hot drinks and desserts.
Height (mm)	214.0000
Length (mm)	190.0000
Width (mm)	182.0000
Outer EAN 1	5023616462104
Storage Type	Ambient
Brand	Country Range

### Ingredients

Ingredients	Nutmeg
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### Dietary Information

Approved for a Halal Diet	No
Approved for a Kosher Diet	No
Suitable for Coeliacs	Yes
Suitable for Lactose-Free Diet	Yes
Suitable for a Vegan Diet	Yes
Suitable for a Vegetarian Diet	Yes

## Allergens

Celery	No
Gluten	No
Crustacea	No
Egg	No
Fish	No
Lupin	No
Milk	No
Molluscs	No
Mustard	No
Nuts	No
Peanuts	No
Sesame	No
SOYA	No
Sulphites	No

## Nutritional Information

Carbohydrate Per 100g (g)	28.5 g
Carbohydrate of which Sugars per 100g (g)	3 g
Fat per 100g (g)	36.3 g
Fat of which Saturates per 100g (g)	25.9 g
Fibre per 100g	20.8 g
Energy per 100g (kcal)	525 kcal
Energy per 100g (kJ)	2197 kJ
Protein per 100g (g)	5.8 g
Salt per 100g (g)	0.01 g

**Disclaimer:**

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