



GREEN CARDAMOM

Description: Cardamom (*elettaria cardamomum*) is native to India but comes mostly from Central America. Each pod contains about 20 aromatic seeds. It's found in curries & as a flavoring in Indian spiced tea. Cardamom also is used in Scandinavian sweet dishes, such as coffee cakes, pastries and cookies.

Physical Properties

Appearance	Light to dark olive green.
Size	Approximately 1/4" to 1/2" in length, oval shaped.

Organoleptic Properties

Flavor	Typical of cardamom, bitter, strong.
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Chemical Properties

Moisture	Maximum: 10 % Method: Halogen Thermogravimetric Analysis
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Microbiological Properties

Salmonella	NEG/375g	Method: FDA BAM or AOAC equivalent
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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

CCP Metal Detection	Metal detected to 1.5 mm Non-Fe, 1.5 mm Fe, and 1.5 mm SS.
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.



OliveNation LLC

50 Terminal St., Bldg. 2, Ste. 712, Charlestown, MA 02129

www.OliveNation.com ~ 617-580-3667

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.

GREEN CARDAMOM

"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

Cardamom.

Product Certifications

Certified Kosher Parve

Proximate Analysis

Protein	10.76	g
Carbohydrate	68.47	g
Moisture	8.29	g
Ash	5.78	g
Fat	6.70	g

Nutritional Analysis

Serving Size	100.00	g
Calories	311.00	
Total Fat	6.70	g
Saturated Fat	0.68	g
Trans. Fat	0.00	g
Cholesterol	0.00	mg
Sodium	18.00	mg
Total Carbohydrates	68.47	g
Dietary Fiber	28.00	g
Sugars	0.00	g
Protein	10.76	g
Vitamin A	0.00	IU
Vitamin C	21.00	mg
Calcium	383.00	mg
Iron	13.97	mg
Added Sugars	0.00	g
Vitamin D	0.00	mcg
Potassium	1,119.00	mg



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COUNTRY OF ORIGIN DECLARATION FOR

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THIS PRODUCT ORIGINATES FROM INDIA