



DUKKAH

(AIAO)

Description: A blend of nuts, herbs and spices. Originally an Egyptian side dish, it is typically used as a dip with bread or fresh vegetables or eaten as an hors d'oeuvre.

Organoleptic Properties

Flavor Nutty with tastes of cumin, coriander and sesame. Slightly citrus.

Packaging, Labeling, Storage

Packaging Poly bag in box, plastic jar, 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 genetically engineered 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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"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

Almond meal, toasted sesame seeds, spices, hazelnut meal, pumpkin seeds, salt, sugar, lemon peel, dried aleppo chile peppers, paprika, vegetable oil. Contains tree nuts and sesame seeds.

Product Certifications

Certified Kosher Parve

Nutritional Analysis

Serving Size	100.00	g
Calories	521.00	
Total Fat	43.10	g
Saturated Fat	4.39	g
Trans. Fat	0.00	g
Cholesterol	0.00	mg
Sodium	1,231.38	mg
Total Carbohydrates	26.55	g
Dietary Fiber	13.67	g
Sugars	4.76	g
Protein	18.28	g
Vitamin A	928.22	IU
Vitamin C	4.00	mg
Calcium	264.12	mg
Iron	10.54	mg
Added Sugars	1.61	g
Vitamin D	0.00	mcg
Potassium	770.10	mg



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NON
GMO

GLUTEN
FREE

STORE IN A DRY, COOL PLACE.

Nutrition Facts

servings per container	
Serving size about 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 5 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 1.3 mg	0%
Iron 0.1 mg	0%
Potassium 3.9 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.

Dukkah (sometimes spelled “Duqqa”) is a blend of ground roasted nuts, seeds, and spices, traditionally used as a seasoning blend in Middle Eastern cuisine.

- Crunchy blend of nuts and seeds
- Round nut flavors balanced with a hint of heat and salt
- Slightly acidic, tart from sumac and other spices

BASIC PREP

Ready to use. Add to taste.

SUGGESTED USES

- Stir into dips and spreads and serve with crudité or crackers
- Brush flat bread (or thin slices of bread) with oil then sprinkle on Dukkah and lightly toast
- Stir into cooked pastas, couscous, rice, beans or lentils
- It's a great way to season roasted vegetables, poultry or meats

RECIPE

Cauliflower Couscous with Dukkah

- 1 head cauliflower
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 1 cup water
- 1 tablespoon Dukkah
- 2 teaspoons chopped parsley
- 1 teaspoon salt
- 1 teaspoon ground black pepper

Heat an oven to 400°.

Rinse the cauliflower with cold water and cut out the large stem pieces. Crumble the cauliflower into a food processor to about half filled. Do this in 2 steps if needed. Pulse the cauliflower into rice sized bits.

Heat a large skillet over medium high and add 1 tablespoon of olive oil. Add the cauliflower to the skillet and shake the pan to flatten. Allow this to fry for 4 minutes.

Stir or toss the pan to redistribute the cauliflower. Repeat the fry step 4 minutes.

Add more oil if the pan appears dry, the remaining olive oil should be used for texture. Add the garlic, salt, ground black pepper and stir again. Pour the water in the pan and remove from the heat.

Sprinkle the Dukkah over the top of the cauliflower and put the pan in the oven for 5-6 minutes. When the top is golden brown remove the pan and garnish with chopped parsley.

Serves 4

Dukkah is an Egyptian condiment used as a dip for breads. Our blend of ground and roasted nuts, seeds and spices is balanced with crunchy texture and nutty flavors and the tart, acidic spice sumac. This imaginative take on couscous is a great gluten-free side dish with tons of flavor and goes with any Middle Eastern main course.

INGREDIENTS

Almond Meal, Toasted Sesame Seeds, Spices, Hazelnut Meal, Pumpkin Seeds, Salt, Sugar, Lemon Peel, Dried Aleppo Chile Peppers, Paprika, Vegetable Oil. Contains Tree Nuts And Sesame Seeds.



OliveNation LLC

13 Robbie Road, Suite A4, Avon, MA 02322

www.OliveNation.com / 617-580-3667

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THIS PRODUCT ORIGINATES FROM UNITED STATES