



## ETHIOPIAN BERBERE SPICE (AFGA)

Description: A blend of herbs and spices.

### Physical Properties

Appearance	Typical of herbs and spices.	Method: Visual observation
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### Organoleptic Properties

Flavor	Typical of herbs and spices.	Method: Organoleptic analysis
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### Chemical Properties

Moisture	Maximum: 12 %	Method: Halogen Thermogravimetric Analysis
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### Microbiological Properties

E. Coli	<10 cfu/g or <3 MPN/g	Method: FDA BAM or AOAC equivalent
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Salmonella	NEG/25g	Method: FDA BAM or AOAC equivalent
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### Packaging, Labeling, Storage

Packaging	Poly bag in box, food grade paper bag, or to customer specification
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Receiving Conditions	Product should be shipped and handled in a sanitary manner.
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Storage Conditions	Store in a dry, cool place.
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Shelf Life	36 months (under optimum storage conditions).
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### 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.
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Natural Status	This product is a 100% pure, natural substance. It does not contain any artificial, synthetic or natural identical additives.
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BE Status	This product does not contain genetically engineered ingredients.
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Vegan Status	This product does not contain any animal derived products including meat, milk, seafood, eggs, honey or bone char.
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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.
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OliveNation LLC

13 Robbie Road, Suite A4, Avon, MA 02322

[www.OliveNation.com](http://www.OliveNation.com) / 617-580-3667

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## **ETHIOPIAN BERBERE SPICE**

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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.

## ETHIOPIAN BERBERE SPICE (AFGA)

"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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## ETHIOPIAN BERBERE SPICE (AFGA)

### **Ingredient Statement**

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Spices, paprika, salt, citric acid.

### **Product Certifications**

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Certified Kosher Parve

### **Nutritional Analysis**

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Serving Size	100.00	g
Calories	270.38	
Total Fat	12.40	g
Saturated Fat	1.85	g
Trans. Fat	0.00	g
Cholesterol	0.00	mg
Sodium	4,960.48	mg
Total Carbohydrates	49.07	g
Dietary Fiber	27.91	g
Sugars	5.98	g
Protein	11.69	g
Vitamin A	20,072.00	IU
Vitamin C	11.81	mg
Calcium	424.79	mg
Iron	19.30	mg
Added Sugars	0.00	g
Vitamin D	0.00	mcg
Potassium	1,523.00	mg



STORE IN A DRY, COOL PLACE.

## ETHIOPIAN BERBERE SPICE

Berberere is the quintessential spice blend of Ethiopian cuisine, lending a rustic, bold flavor to traditional dishes and grilled meats. We've combined a unique blend of herbs and spices, including ajowan seed, fenugreek, cardamom, and cloves, to create our Ethiopian Berbere Spice.

- Earthy, herbaceous, slightly sweet and spicy flavor
- Ground to a powdered blend
- Deep orange color

### Nutrition Facts

servings per container	
<b>Serving size</b> 1/4 tsp (.5g)	
<b>Amount per serving</b>	
<b>Calories</b>	<b>0</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0 g	<b>0%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 25 mg	<b>1%</b>
<b>Total Carbohydrate</b> 0 g	<b>0%</b>
Dietary Fiber 0 g	<b>0%</b>
Total Sugars 0 g	
Includes 0 g Added Sugars	<b>0%</b>
<b>Protein</b> 0 g	
Vitamin D 0.0 mcg	<b>0%</b>
Calcium 2.1 mg	<b>0%</b>
Iron 0.1 mg	<b>0%</b>
Potassium 7.6 mg	<b>0%</b>

\* 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.

### BASIC PREP

Ready to use. Add to taste.

### SUGGESTED USES

- Add 1/2 teaspoon Berbere per 1 cup of raw rice at the start of cooking for an exotic flavor
- Sauté with onions in butter or oil to start barley or farro pilafs, meat and vegetable stews
- Sprinkle on steak, chicken or fatty fish such as salmon before grilling
- Sprinkle on vegetables such as squash, carrots, parsnips or sweet potatoes before

### RECIPE

#### Grilled Berbere-Rubbed Chicken Thighs

- 1 small onion, coarsely chopped
- 2 small cloves garlic, coarsely chopped
- 4 tablespoons Ethiopian Berbere Spice
- 3 tablespoons vegetable oil
- 6 bone-in, skin-on chicken thighs (about 2-1/4 pounds)
- Lemon wedges, for serving

Combine onion, garlic, Ethiopian Berbere Spice and vegetable oil in a food processor, and process until a thick paste forms. Smear spice paste onto chicken thighs, ensuring that chicken is covered on all sides. Cover and refrigerate at least 1 hour. Prepare a grill for indirect-heat grilling, or heat a grill pan over medium-high heat. Once hot, place chicken either on grill pan or on side of grill opposite banked coals. Grill for 3 to 4 minutes per side. Serve with lemon wedges.

Makes 3 to 6 servings

Full of bold flavor, Ethiopian Berbere Spice is a perfect way to shake up grilled chicken. Using a dark-meat cut, such as thighs, helps ensure a juicier finished product, and leaving the skin on allows it to turn crispy and flavorful on the grill. Serve it with a lentil salad and grilled flatbread for a North African-inspired spin on summer grilling.

### INGREDIENTS

Spices, Paprika, Salt, Citric Acid.



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**THIS PRODUCT ORIGINATES FROM UNITED STATES**