



FENUGREEK SEED (ZNF)

This product has been treated with irradiation.

Description: Fenugreek (*Trigonella foenum-graecum*) is a medicinal herb and is native to the eastern Mediterranean. Fenugreek's aroma is similar to that of celery.

Physical Properties

Appearance	Yellowish brown.
Size	Approximately 3 mm in length, angular shaped.

Organoleptic Properties

Flavor	Bitter, sharp, similar to celery.
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Chemical Properties

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

Standard Plate Count	Maximum: 100,000 cfu/g	Method: FDA BAM or AOAC equivalent
Coliform	Maximum: 500 cfu/g	Method: FDA BAM or AOAC equivalent
Yeast	Maximum: 2,500 cfu/g	Method: FDA BAM or AOAC equivalent
Mold	Maximum: 2,500 cfu/g	Method: FDA BAM or AOAC equivalent
Irradiated Product Statement	Based on the dose values listed below we certify that this product meets all micro specs.	

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

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.

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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

Fenugreek.

Product Certifications

Certified Kosher Parve

Proximate Analysis

Protein	23.00	g
Carbohydrate	58.35	g
Moisture	8.84	g
Ash	3.40	g
Fat	6.41	g

Nutritional Analysis

Serving Size	100.00	g
Calories	323.00	
Total Fat	6.41	g
Saturated Fat	1.46	g
Trans. Fat	0.00	g
Cholesterol	0.00	mg
Sodium	67.00	mg
Total Carbohydrates	58.35	g
Dietary Fiber	24.60	g
Sugars	0.00	g
Protein	23.00	g
Vitamin A	60.00	IU
Vitamin C	3.00	mg
Calcium	176.00	mg
Iron	33.53	mg
Added Sugars	0.00	g
Vitamin D	0.00	mcg
Potassium	770.00	mg



STORE IN A DRY, COOL PLACE.

FENUGREEK SEED

Whole Fenugreek Seeds are very powerful in flavor, ranging from bitter to sharp, similar to sweet celery. They are excellent for balancing sweet or rich flavor profiles.

- Pale yellow
- Approximately 3 millimeters in size
- Angular
- All natural

Nutrition Facts

servings per container	
Serving size 1/4 teaspoon (.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 0 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 0.9 mg	0%
Iron 0.2 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.

BASIC PREP

Ready to use. Add to taste.

SUGGESTED USES

- Common in Indian curries
- Blended in Ethiopian breads
- Incorporate into pickling spices

RECIPE

Sweet and Sour Pickle

- 3 small carrots, peeled
- 1 small raw papaya, peeled
- 3 green chiles
- 1 medium piece fresh ginger, peeled
- 2 teaspoons salt
- 1 teaspoon canola oil
- 2 tablespoons mustard seeds
- 1 tablespoon Fenugreek Seeds
- 1 teaspoon turmeric powder
- 1 cup lemon juice
- 1/4 cup Medjool Dates, halved

Slice the carrots, papaya, chiles, and ginger. Marinate in the salt for 2 hours.

Drain the liquid and set the vegetables on a towel to dry.

Heat a medium skillet over medium heat and add the oil. Add the seeds to the oil and when the mustard begins to pop remove the seeds and crush with a knife. Return the spices to the hot pan with the now dry vegetables and fruit, add the turmeric and fry for 1 minute. Add the lemon juice and dates and cook for 2 minutes.

Allow the pickle to cool and store in a clean sanitized jar.

Yield: 2 cups

Fenugreek Seeds have a very powerful flavor, ranging from bitter to sharp with an aroma similar to sweet celery. Fenugreek is featured prominently in Bengali cuisine. This pickle recipe is one of many in which Fenugreek Seeds are toasted and crushed to develop strong tastes within the condiment.

INGREDIENTS

Fenugreek.



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THIS PRODUCT ORIGINATES FROM INDIA