

Product Name: Grains Of Paradise

This product has been treated with irradiation.

Description: Grains of Paradise, related to cardamom, have a hot peppery taste. Primarily from the coast of west Africa, grains of paradise are also known as Guinea pepper. The seeds are a red-brown, chestnut color that are shaped like a pyramid. They are a valued seasoning in West Africa.

Physical Properties

Appearance	Reddish-brown, chestnut.
Size	Approximately 3-4 mm in diameter.

Organoleptic Properties

Flavor	Pungent, hot, peppery.
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Chemical Properties

Moisture	Maximum: 13 %	Method: Halogen Thermogravimetric Analysis
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Microbiological Properties

Standard Plate Count	Maximum: 10,000 cfu/g	Method: FDA BAM or AOAC equivalent
Coliform	Maximum: 100 MPN/g	Method: FDA BAM or AOAC equivalent
Yeast	Maximum: 500 cfu/g	Method: FDA BAM or AOAC equivalent
Mold	Maximum: 500 cfu/g	Method: FDA BAM or AOAC equivalent
E. Coli	<10 cfu/g or <3 MPN/g	Method: FDA BAM or AOAC equivalent
Salmonella	NEG/25g	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

Certificate of Irradiation	Minimum: 10 kGy	Maximum: 30 kGy	Method: Dosimeter
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		

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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.

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.

ALLERGEN STATEMENT FOR GRAINS OF PARADISE

"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.



OliveNation LLC

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

www.OliveNation.com ~ 617-580-3667

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Ingredient Statement

Grains of paradise.

Product Certifications

Certified Kosher Parve

Proximate Analysis

Protein	8.98	g
Carbohydrate	71.62	g
Moisture	9.94	g
Ash	5.22	g
Fat	4.24	g

Nutritional Analysis

Serving Size	100.00	g
Calories	335.00	
Total Fat	4.24	g
Saturated Fat	2.60	g
Trans. Fat	0.00	g
Cholesterol	0.00	mg
Sodium	27.00	mg
Total Carbohydrates	71.62	g
Dietary Fiber	14.10	g
Sugars	3.39	g
Protein	8.98	g
Vitamin A	30.00	IU
Vitamin C	0.70	mg
Calcium	114.00	mg
Iron	19.80	mg
Added Sugars	0.00	g
Vitamin D	0.00	mcg
Potassium	1,320.00	mg



STORE IN A DRY, COOL PLACE.

GRAINS OF PARADISE

Grains of Paradise are an aromatic seed with a peppery hot taste that makes a superb substitute for black peppercorns.

- Pungent, hot peppery flavor with slight citrus finish
- Reddish, chestnut brown grains
- Grains approximately 3 to 4 millimeter

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 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 0.6 mg	0%
Iron 0.1 mg	0%
Potassium 6.6 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

Grind seeds in a mill, crush with mortar and pestle or use whole.

SUGGESTED USES

- Grind, crush or use whole as a full-flavored substitute for black peppercorns
- Add to mulled wine or other spiced beverages for a nuanced flavor
- Add to braised lamb dishes, potato and eggplant dishes and spice mixes

RECIPE

Grains of Paradise and Herb Syrup

- 3/4 cup granulate sugar
- 3/4 cup dry white wine
- 1/4 cup chopped fresh rosemary leaves
- 4 sprigs fresh thyme
- 1 tablespoon chopped fresh ginger
- 2 teaspoons grains of paradise, lightly crushed
- 2 tablespoons high-quality, aged balsamic vinegar
- 1/2 cup water

Combine all ingredients in a small saucepan and bring to a boil over medium-high heat. Reduce heat to low, partially cover and let simmer for 10 minutes.

Remove from heat. Taste and adjust seasoning and acidity, if needed.

Let steep for 30 minutes. Then, strain through a fine mesh strainer and discard solids. Refrigerate until ready to use.

Makes 2-1/2 cups

Grains of paradise are a complex alternative to black pepper, imparting a nuanced heat and citrusy note to this savory, rosemary-infused syrup. Drizzle it over fresh fruit for an unexpected but wholly intriguing surprise.

Prep Time: 5 minutes
Cook Time: 12 minutes

INGREDIENTS

Grains Of Paradise.



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COUNTRY OF ORIGIN DECLARATION FOR GRAINS OF PARADISE

THIS PRODUCT ORIGINATES FROM IVORY COAST