

Product Name: Nigella/black Caraway (kalonji)

This product has been treated with irradiation.

Description: Black Caraway Seeds of the species Nigella sativa.

Physical Properties

Appearance	Light to dark black seeds
Size	Approximately 1/8" in length, long, curved seeds with tapered ends.

Organoleptic Properties

Flavor	Pungent flavor, slightly bitter.
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Chemical Properties

Moisture	Maximum: 8 %	Method: Halogen Thermogravimetric Analysis
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Microbiological Properties

Irradiated Product Statement	Based on the dose values listed below we certify that this product meets all micro specs.
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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

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 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		



OliveNation LLC

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

www.OliveNation.com ~ 617-580-3667

Product Name: Nigella/black Caraway (kalonji)

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 NIGELLA/BLACK CARAWAY (KALONJI)

"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.



Product Name: Nigella/black Caraway (kalonji)

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Ingredient Statement

Black caraway seeds.

Product Certifications

Certified Kosher Parve

Proximate Analysis

Protein	19.77	g
Carbohydrate	49.90	g
Moisture	9.87	g
Ash	5.87	g
Fat	14.59	g

Nutritional Analysis

Serving Size	100.00	g
Calories	333.00	
Total Fat	14.59	g
Saturated Fat	0.62	g
Trans. Fat	0.00	g
Cholesterol	0.00	mg
Sodium	17.00	mg
Total Carbohydrates	49.90	g
Dietary Fiber	38.00	g
Sugars	0.64	g
Protein	19.77	g
Vitamin A	363.00	IU
Vitamin C	21.00	mg
Calcium	689.00	mg
Iron	16.23	mg
Added Sugars	0.00	g
Vitamin D	0.00	mcg
Potassium	1,351.00	mg



STORE IN A DRY, COOL PLACE.

NIGELLA/BLACK CARAWAY (KALONJI)

Black Caraway, or Nigella, is the distinctive, slightly bitter seed of an annual flowering plant native to Asia. Not to be confused with traditional caraway seed, this slightly bitter, pungent spice seed is its own unique species.

- Pungent, slightly bitter
- Light to dark, black seeds
- Approximately 1/8-inch long, curved seeds

Nutrition Facts

servings per container	
Serving size 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 3.4 mg	0%
Iron 0.1 mg	0%
Potassium 6.8 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.

INGREDIENTS

Black Caraway Seeds.

BASIC PREP

Ready to use. Add to taste.

SUGGESTED USES

- Incorporate into baked goods, like rye bread or naan bread
- Sprinkle on top of vegetables such as potatoes or squash
- Combine with seeds of fenugreek, cumin, mustard and fennel for the traditional five-spice blend panch phoron

RECIPE

Moroccan Chicken Tagine

- 1/4 cup olive oil
- 1 medium onion, sliced
- 2 tablespoon Nigella Seeds, lightly toasted, divided
- 4 cloves garlic, minced
- 1 teaspoon kosher salt
- 1 teaspoon turmeric
- 3/4 teaspoon ground ginger
- 3/4 teaspoon ground black pepper
- 1/2 teaspoon saffron threads
- 1/4 teaspoon ground cinnamon
- 1 whole (4 to 5-pound) chicken, cut into pieces
- 1/2 preserved lemon, quartered
- 1/3 cup water
- 5 sprigs cilantro, tied into a bouquet

Spread olive oil over the base of a tagine or Dutch oven. Scatter with onion. Grind 1 tablespoon nigella seeds and combine them with remaining half of (whole) nigella seeds, garlic, salt, turmeric, ginger, pepper, saffron and cinnamon in a small bowl. Arrange chicken on top of onions skin-side up. Rub spice mixture into chicken. Add preserved lemon, water and cilantro to the tagine. Cover and cook over medium-low heat to bring it to a simmer. Reduce heat to low, cover and cook, flipping meat halfway through, until chicken is tender, about 2 hours. Discard the cilantro and preserved lemons and serve.

Serves 4

A classic chicken tagine gets its color from turmeric and saffron, its aromatics from a slew of spices and its subtle oregano-like notes from nigella (or black caraway) seeds. Cooked slow and low, it's a comforting and easy dish to make in advance of for a homey Sunday supper.

Prep Time: 15 minutes
Cook Time: 2-1/2 hours



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COUNTRY OF ORIGIN DECLARATION FOR
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THIS PRODUCT ORIGINATES FROM INDIA