

## WHOLE NUTMEG AARF

**This product has been treated with ethylene oxide.**

Description: Nutmeg (*Myristica fragans*) is the inner kernel of the fruit from an evergreen tree.

### Physical Properties

Appearance	Dark brown.
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### Organoleptic Properties

Flavor	Typical of nutmeg, sweet.
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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
Salmonella	NEG/25g	Method: FDA BAM or AOAC equivalent

### 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: Level of kGy exposure
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 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.		

## WHOLE NUTMEG AARF

### ALLERGEN STATEMENT

"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**

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Nutmeg.

#### **Product Certifications**

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Certified Kosher Parve

#### **Proximate Analysis**

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Protein	5.84	g
Carbohydrate	49.29	g
Moisture	6.22	g
Ash	2.34	g
Fat	36.31	g

#### **Nutritional Analysis**

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Serving Size	100.00	g
Calories	525.00	
Total Fat	36.31	g
Saturated Fat	25.94	g
Trans. Fat	0.00	g
Cholesterol	0.00	mg
Sodium	16.00	mg
Total Carbohydrates	49.29	g
Dietary Fiber	20.80	g
Sugars	2.99	g
Protein	5.84	g
Vitamin A	5.10	mcg
Vitamin C	3.00	mg
Calcium	184.00	mg
Iron	3.04	mg
Added Sugars	0.00	g
Vitamin D	0.00	mcg
Potassium	350.00	mg



## WHOLE NUTMEG

Whole Nutmeg has a warm, slightly sweet flavor that is released when ground or grated.

- Dark brown
- Approximately 1 inch long
- Oval shape

STORE IN A DRY, COOL PLACE.

<b>Nutrition Facts</b>	
servings per container	
<b>Serving size</b> 1/4 tsp ground (.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> 0 mg	<b>0%</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	0%
Calcium 0.0 mg	0%
Iron 0.0 mg	0%
Potassium 0.0 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

Nutmeg.

## BASIC PREP

Grate immediately before use.

## SUGGESTED USES

- Add to puddings, muffins, apple pie and other sweet dishes
- Include in brewing of eggnog and spiced wine
- Add to savory dishes such as pasta, cream sauces, onion dishes, steamed spinach and braised vegetables

## RECIPE

Eggnog

3 cup whole milk  
1 cup heavy cream  
3 4" cinnamon sticks  
1 vanilla bean  
1 whole nutmeg  
5 eggs  
2/3 cup granulated sugar  
3/4 cup rum or bourbon

Add milk, cream, cinnamon, vanilla bean and seeds to 2 quart saucepan. Bring to a low boil and remove from heat. Set aside. Beat egg yolks until foamy in stand mixer with wire whisk. Slowly add 1/3 of sugar until egg yolk becomes thick ribbon. Remove vanilla bean and cinnamon from milk mixture. Slowly add mixture to egg yolks and sugar with mixer on medium low. Chill until ready to serve.

Just before serving, bring egg whites to room temperature and beat in stand mixer with wire whisk on high. When egg whites thicken to foam, add remaining 1/3 cup sugar, 1 tablespoon at a time. Add alcohol to milk. Fold thick egg whites into chilled eggnog, and serve in glasses with fresh nutmeg grated over top.

Serves 4

Eggnog is a quintessential holiday beverage. Enliven this classic drink with our whole Madagascar Vanilla Beans and freshly grated nutmeg.



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**WHOLE NUTMEG**  
**AARF**

COUNTRY OF ORIGIN DECLARATION  
FOR  
WHOLE NUTMEG

THIS PRODUCT ORIGINATES FROM INDIA