



ORGANIC MEDITERRANEAN OREGANO BKAY

This product has been treated with steam

Description: Dehydrated from fresh cut plant.

Physical Properties

Appearance	Yellow green to brown.
Size	Minimum 90% - US #10 Screen.

Organoleptic Properties

Flavor	Typical of oregano, spicy and slightly bitter.
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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: 100 MPN/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
E. Coli	<10 cfu/g or <3 MPN/g	Method: FDA BAM or AOAC equivalent
Salmonella	NEG/375g	Method: FDA BAM or AOAC equivalent
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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

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.



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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.

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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

Organic Oregano.

Product Certifications

Certified Kosher Parve

Certified Organic

Proximate Analysis

Protein	9.00	g
Carbohydrate	68.92	g
Moisture	9.93	g
Ash	7.87	g
Fat	4.28	g

Nutritional Analysis

Serving Size	100.00	g
Calories	265.00	
Total Fat	4.28	g
Saturated Fat	1.55	g
Trans. Fat	0.00	g
Cholesterol	0.00	mg
Sodium	25.00	mg
Total Carbohydrates	68.92	g
Dietary Fiber	42.50	g
Sugars	4.09	g
Protein	9.00	g
Vitamin A	1,701.00	IU
Vitamin C	2.30	mg
Calcium	1,597.00	mg
Iron	36.80	mg
Added Sugars	0.00	g
Vitamin D	0.00	mcg
Potassium	1,260.00	mg



ORGANIC

MEDITERRANEAN OREGANO



STORE IN A DRY, COOL PLACE.

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 8.0 mg	0%
Iron 0.2 mg	0%
Potassium 6.3 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.

Our Organic Mediterranean Oregano has an assertive, woody and slightly peppery flavor. It is a staple culinary herb, used primarily in Italian-American cuisine.

- Yellow-green to brown
- Small, irregular flakes
- Certified organic to the specifications of the USDA National Organic Program

BASIC PREP

Ready to use. Add to taste.

SUGGESTED USES

- Infuse olive oil for an authentic Italian-flavor dressing
- Toss with sautéed mushrooms and onions
- Sprinkle onto garlic bread, salads, omelettes and frittatas

RECIPE

Quinoa-Stuffed Zucchini

- 3 tablespoons olive oil, plus extra for drizzling
- 1 cup cooked Tri-Color Quinoa Blend
- 1 cup cooked Cannellini Beans
- 1 cup quartered grape tomatoes
- 1/2 cup Slivered Blanched Almonds
- 2 cloves garlic, minced
- 3/4 cups grated Parmesan cheese, divided
- 1/4 cup sliced fresh basil
- 2 teaspoons white wine vinegar
- 2 teaspoons salt
- 1 teaspoon ground black pepper
- 1/2 teaspoon Organic Mediterranean Oregano
- 4 medium zucchini, halved lengthwise and seeds scooped out

Preheat oven to 400°F. Line a sheet tray with foil and grease with olive oil.

Mix quinoa, beans, tomatoes, almonds, garlic, half of Parmesan cheese, basil, vinegar, olive oil, salt, black pepper and oregano in a large bowl until evenly incorporated.

Divide stuffing mixture evenly among zucchini halves.

Top with remaining Parmesan cheese, and drizzle with olive oil.

Cover with foil and bake for 25 minutes, then remove cover and bake an additional 10 minutes until zucchini is tender and golden brown at edges.

Makes 4 servings

This savory meatless main is packed with fresh Mediterranean flavors and a good source of plant-based protein from the quinoa, beans and almonds. Give it a try for a Meatless Monday treat!

INGREDIENTS

Organic Oregano.



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**ORGANIC MEDITERRANEAN OREGANO
BKAY**

COUNTRY OF ORIGIN DECLARATION

THIS PRODUCT ORIGINATES FROM TURKEY