

Product Name: Poppy Seed

**This product has been treated with steam**

Description: Poppy seeds (*Papaver somniferum L.*) are native to the Middle East. Poppy Seeds are small, nutty-tasting seeds, mostly used in baked goods for color, texture and mildly floral and earthy flavor.

**Physical Properties**

Appearance	Bluish gray.
Size	Min 95% on a US #30 sieve; tiny, round seed.

**Organoleptic Properties**

Flavor	Typical of poppy seeds, nutty, sweet.
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**Chemical Properties**

Moisture	Maximum: 11 %	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/375g	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**

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



OliveNation LLC

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

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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 POPPY SEED

"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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Poppy seeds.

**Product Certifications**

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Certified Kosher Parve

**Proximate Analysis**

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Protein	17.99	g
Carbohydrate	28.13	g
Moisture	5.95	g
Ash	6.37	g
Fat	41.56	g

**Nutritional Analysis**

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Serving Size	100.00	g
Calories	525.00	
Total Fat	41.56	g
Saturated Fat	4.52	g
Trans. Fat	0.00	g
Cholesterol	0.00	mg
Sodium	26.00	mg
Total Carbohydrates	28.13	g
Dietary Fiber	19.50	g
Sugars	2.99	g
Protein	17.99	g
Vitamin A	0.00	IU
Vitamin C	1.00	mg
Calcium	1,438.00	mg
Iron	9.76	mg
Added Sugars	0.00	g
Vitamin D	0.00	mcg
Potassium	719.00	mg



## POPPY SEED

NON  
GMO

GLUTEN  
FREE

STORE IN A DRY, COOL PLACE.

Poppy Seeds are small, nutty-tasting seeds, mostly used in baked goods for color, texture and mild, floral and earthy flavor. While small in size, poppy seeds are long on nutritional value. They are rich in protein and dietary fiber, as well as minerals like manganese and calcium.

- Tiny, round seeds
- Bluish gray color
- Mild nutty flavor
- Naturally gluten free

### Nutrition Facts

servings per container	
<b>Serving size 1 tbsp (10g)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>50</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4 g	<b>5%</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> 3 g	<b>1%</b>
Dietary Fiber 2 g	<b>7%</b>
Total Sugars 0 g	
Includes 0 g Added Sugars	<b>0%</b>
<b>Protein</b> 2 g	
Vitamin D 0.0 mcg	<b>0%</b>
Calcium 143.8 mg	<b>10%</b>
Iron 1.0 mg	<b>6%</b>
Potassium 71.9 mg	<b>0%</b>

\* 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

- Use in cookies, cakes, breads and muffins for flavor and texture
- Pairs well with lemon
- Dry roasting enhances flavor

### RECIPE

Mini Ham And Cheese Rolls  
2 tablespoons minced onion flakes  
1 tablespoon yellow mustard  
2 tablespoons poppy seeds  
1/2 cup (1 stick) butter, melted  
2-12 count packages dinner rolls  
1/2 pound boiled ham, sliced thin  
1/2 pound Swiss cheese, sliced thin  
Preheat oven to 325°F.

In a small mixing bowl, combine onion flakes, mustard, poppy seeds, and butter. Split each dinner roll. Make a sandwich of the ham and cheese and the dinner rolls. Arrange the sandwiches on a baking sheet. Drizzle the poppy seed mixture over the sandwiches. Bake for 20 minutes, or until cheese has melted. Serve warm.  
Makes 24 mini sandwiches

### INGREDIENTS

Poppy Seeds.



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## COUNTRY OF ORIGIN DECLARATION FOR POPPY SEED

THIS PRODUCT ORIGINATES FROM TURKEY