

Product Name: Whole Nutmeg

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 WHOLE NUTMEG

"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

Product Name: Whole Nutmeg

This product has been treated with irradiation.

Ingredient Statement

Nutmeg.

Product Certifications

Certified Kosher Parve

Proximate Analysis

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

Nutritional Analysis

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	102.00	IU
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

NON
GMO

GLUTEN
FREE

STORE IN A DRY, COOL PLACE.

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

- Dark brown
- Approximately 1 inch long
- Oval shape

Nutrition Facts

servings per container	
Serving size	1/4 tsp ground (.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 0.9 mg	0%
Iron 0.0 mg	0%
Potassium 1.8 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.

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.

INGREDIENTS

Nutmeg.



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COUNTRY OF ORIGIN DECLARATION FOR
WHOLE NUTMEG

THIS PRODUCT ORIGINATES FROM INDIA