

## Product Name: Whole Nutmeg

#### This product has been treated with irradiation.

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

Appearance	Dark brown.				
	Durk brown.				
Organoleptic Properties					
Flavor	Typical of nutmeg, swe				
Chemical Properties					
Moisture	Maximum: 12 %	Method: Halogen Thermogravimetric Analysis			
Aicrobiological 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			
Irradiated Product Statement	Based on the dose values listed below we certify that this product meets all micro specs.				
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 optim	storage conditions).			
Other					
Certificate of Irradiation	Minimum: 10 kGy	Maximum: 30 kGy Method: Level of kGy exposure			
Gluten Status	the gluten proteins four	ble its ingredients) by nature does not contain wheat, rye or barley. This product has not 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				

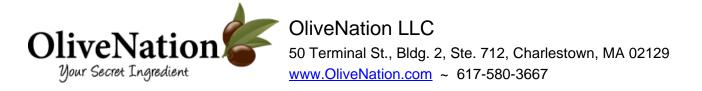


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hair or feathers, animal fats and/or extracts, bloods of any origin, blood plasma, pork and/or other meat by-products & alcohol is not used as a processing aid.

SDS Waiver

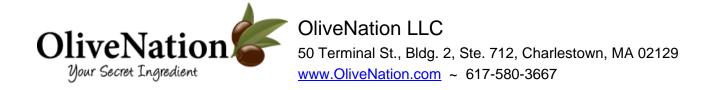
To the best of our knowledge this product is non-hazardous and not subject to the requirements of 29 CFR 1910.1200. Although this product does not require specific hazard precautions, users should take care to minimize personnel exposure and workplace contamination.



## 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		
	Х	Х		Х		MILK	
	Х	Х		х		EGGS	
	Х	Х		Х		SOYBEANS	
	х	Х		Х		WHEAT	
	Х		х		х	PEANUTS	
	х	Х		Х		TREE NUTS	
	Х		х		х	FISH	
	х		Х		Х	CRUSTACEAN SHELLFISH	
	х	Х		Х		SESAME	
	х	Х		Х		MUSTARD	
	Х	Х		Х		ADDED SULFITES	

Equipment is cleaned and sanitized between production runs to prevent allergens from contaminating non-allergenic products.



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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	



### OliveNation LLC 50 Terminal St., Bldg. 2, Ste. 712, Charlestown, MA 02129 www.OliveNation.com ~ 617-580-3667



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

- Dark brown
- Approximately 1 inch long
- Oval shape

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NON GMO

STORE IN A DRY, COOL PLACE.

## **Nutrition Facts**

servings per container Serving size 1/4 tsp ground (.5g)

Amount per serving

Calories	0
% Dail	y Value*
Total Fat <sub>0 g</sub>	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium <sub>0 mg</sub>	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.

### 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

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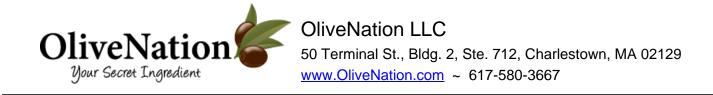
3 cup whole milk 1 cup heavy cream 3 4" cinnamon sticks 1 vanilla bean 1 whole nutmeg 5 eggs 2/3 cup granulated sugar 3/4 cup rum or bourbon

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.



# COUNTRY OF ORIGIN DECLARATION FOR WHOLE NUTMEG

# THIS PRODUCT ORIGINATES FROM INDIA