

# Whole cardamom seeds without shells, organic

Dried, whole cardamom seeds without seed shells. The dark, aromatic cardamom seeds can be used whole, [finely ground](#) or crushed in a mortar as desired. With their intensely spicy flavour, they are components of many popular Christmas bakes. Cardamom is suitable for a wide variety of sweet bakes and desserts and is appreciated as a component of many curry mixes. Overall, it conjures up a hint of the Arabian Nights in any kitchen. Thus, there is hardly any oriental mocha that can do without this spice. Cardamom is also popular in the north: The Swedes love it all year round in many sweet bakes, especially their famous cinnamon buns.

[Zum Produkt](#)

## Nährwerte

### Unzubereitet pro 100 g

Calorific value kj	1345 kj
Calorific value kj	1485 kj
Calorific value kcal	322 kcal
Calorific value kcal	355 kcal
Fat	6.7 g
Of which saturated fatty acids	0.7 g
Of which saturated fatty acids	0.4 g
Carbohydrates	40.5 g
Carbohydrates	57.2 g
Of which sugar	54.3 g
Fibers	28 g
Fibers	11.3 g
Protein	10.8 g
Salt	0.05 g

## Allergene

Gluten-containing cereal	Nein
Chicken egg	Nein
Peanuts	Nein
Milk	Nein
Celery	Nein

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Sesame seeds	Nein
Lupines	Nein
Crustaceans	Nein
Fish	Nein
Soy	Nein
Nuts	Nein
Mustard	Nein
Sulfur dioxide and sulphite	Nein
Molluscs	Nein
Cashews	Nein
Spelt	Nein
Barley	Nein
Oat	Nein
Hybrid Strains	Nein
Kamut	Nein
Macadamia	Nein
Almonds	Nein
Brazil Nuts	Nein
Pecans	Nein
Pistachios	Nein
Rye	Nein
Hazelnuts	Nein
Sesame	Nein
Walnuts	Nein
Wheat	Nein