

# Cardamom seeds whole without hull organic

**Designation:** cardamom seed without shell

**Description:** The use of cardamom has a centuries-old history, and not just as a spice. It is already mentioned in ancient Indian writings on the healing art of Ayurveda.

**Preparation:** The intensely fragrant organic cardamom seeds are ideal freshly ground or crushed for curry dishes, bread, sweet pastries and are a popular spice for biscuits, waffles and desserts, especially during the cold season and Christmas time. Fancy making your own spice tea blend? Then the spicy seeds are a must.

**Ingredients:** cardamom seed whole without ca

\* from controlled organic cultivation

**Raw food:** No

**Fairtrade:** No

**Gluten-free:** No

**Vegan:** Yes

**Superfood:** No

**Naturally gluten-free:** No

**Plastic-free:** No

**Organic:** Yes

**Colli/Multi package:** We trade this item in various packaging units. The current packaging size is 20kg. Please refer to the order confirmation for the final packaging unit.

**Value Pack:** No

**ECO Control Point:** DE-ÖKO-003

[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 |
| Sesame seeds             | Nein |
| Lupines                  | Nein |
| Crustaceans              | Nein |
| Fish                     | Nein |
| Soy                      | Nein |

Example Company

|                             |      |
|-----------------------------|------|
| 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 |