

# Ground cardamom with husk bio 1kg

For this highly aromatic powder, whole cardamom capsules are finely ground. The brown-grey powder has a spicy-aromatic taste, reminiscent of eucalyptus. Cardamom is often used during the Christmas season for cookies, waffles, and desserts. It also pairs well with savory curry dishes or breads. Swedes love it all year round and use this fragrant spice in many sweet baked goods. The most famous are probably the renowned cinnamon buns. Would you prefer to grind or mortar your cardamom yourself? Here you can find [Cardamom seeds without husk](#).

[Zum Produkt](#)

## Nährwerte

### Unzubereitet pro 100 g

Calorific value kj	1485 kj
Calorific value kcal	355 kcal
Fat	6.7 g
Of which saturated fatty acids	0.4 g
Carbohydrates	57.2 g
Of which sugar	54.3 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
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