

Cardamom seeds whole without hull organic 1kg

Designation: cardamom whole 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

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 |