

Whole cardamom seeds without shells, organic

Betegnelse: Whole cardamom seeds without shells

Beskrivelse: 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.

Forberedelse: 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.

Ingridients: cardamom seed whole without ca

* from controlled organic cultivation
Bemærk: Af juridiske årsager udsteder vi kun ingredienslisten på engelsk. Venligst henvend dig til en engelsktalende betroet person eller brug en oversættelsesfunktion, hvis indholdet er uklart. Bode Naturkost påtager sig ikke ansvar for indholdsmangler eller andre fejl forårsaget af uafhængig oversættelse.

Råkost: Nej
Fairtrade: Nej
Glutenfri: Nej
Veganer: Ja
Superfood: Nej
Naturligt glutenfri: Nej
Plastfri: Nej
Økologisk: Ja
Værdipakke: Ja

Øko-kontrolpunkt: DE-ÖKO-003

[Produkt](#)

Nutritional values

Unprepared per 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

Allergens

Gluten-containing cereal	No
Chicken egg	No

Peanuts	No
Milk	No
Celery	No
Sesame seeds	No
Lupines	No
Crustaceans	No
Fish	No
Soy	No
Nuts	No
Mustard	No
Sulfur dioxide and sulphite	No
Molluscs	No
Cashews	No
Spelt	No
Barley	No
Oat	No
Hybrid Strains	No
Kamut	No
Macadamia	No
Almonds	No
Brazil Nuts	No
Pecans	No
Pistachios	No
Rye	No
Hazelnuts	No
Sesame	No
Walnuts	No

Wheat

No