

Supplier's Product Code :  
Product Added :  
Last Updated by Supplier :  
erudus id :

HAS082  
23 August 2024  
23 August 2024  
9a3fa2f469774724a2f3169b43bb0656



The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provided by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions.

## Cardamon Seeds, 250g

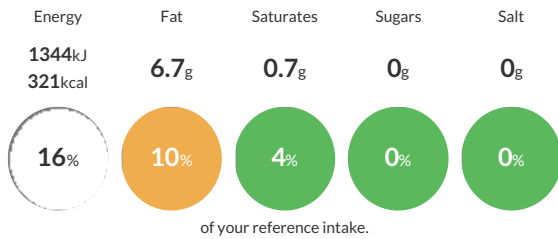
Short Product Name:  
Cardamon Seeds

Cardamon is the fruit of the Elettaria cardamomum

Traded Unit GTIN: 5060103916511 Internal GTIN: 5060103916528 Supplier: Centaur Foods Ltd Suppliers Product Code: HAS082

### Reference Intake

Each 100g portion contains:



Typical values per 100g : Energy 1344kJ 321kcal

### Nutritional Information

Typical Values	Per 100g
Energy	1344kJ 321kCal
Carbohydrates	40.5g
of which sugars	0g
Fat	6.7g
of which saturates	0.7g
Fibre	28g
Protein	10.8g
Salt	0g

### Allergy Information

Key: Contains May Contain



### Dietary Information

Key: Suitable for



### Ingredients

Cardamon Seed 100%