

#### Product

<b>Name</b>	Organic Green Cardamom Pods
<b>Description</b>	Just Natural Organic Green Cardamom Pods are sourced from only the best organic producers from around the world. Cardamon has a complex fragrant flavour which is used in many Middle Eastern and Indian dishes. And they're packed in our 100% reusable, refillable and recyclable glass jar.
<b>Code</b>	JNLH6
<b>Barcode</b>	5056078806780
<b>Country of Origin*</b>	Sri Lanka
*Country of origin may vary from time to time and the origin stated in this document is not guaranteed.	

#### Packaging

<b>Net Content</b>	18g
<b>Packaging Type*</b>	Jar – Glass, Lid – Aluminium, Labels - Paper
*Packaging type may vary from time to time and the type stated in this document is not guaranteed.	

#### Shelf Life

<b>Maximum Shelf Life</b>	24 Months
<b>Storage Conditions</b>	Ambient (15°C - 20°C)

<b>Ingredients</b>	Organic Cardamom Pods
<b>Allergens</b>	For allergens, see ingredients in <b>BOLD</b> .

#### Nutritional Values per 100g

<b>Energy</b>	311kcal
<b>Fat</b>	6.70g
<b>Of Which Saturates</b>	0.68g
<b>Carbohydrates</b>	68.5g
<b>Of Which Sugars</b>	0.0g
<b>Fibre</b>	28.0g
<b>Protein</b>	10.8g
<b>Salt</b>	0.0g

<b>Certifications</b>	Vegan (Vegan Society), Organic (Soil Association)
<b>Serving Requirements</b>	Pair with cinnamon, clove, black pepper and cumin for a fragrant pilaf rice.