

Product

Name	Organic Black Mustard Seeds (Jar)
Description	Sourced from only the best organic producers from around the world, Just Natural Organic Black Mustard Seeds are hot and punchy. Add them to pickles and ferments whole, or use cracks, crushed or ground to add heat to your favourite dishes. And they're packed in our 100% reusable, refillable and recyclable glass jar.
Code	JNLH31
Barcode	5056078807039
Country of Origin*	India
*Country of origin may vary from time to time and the origin stated in this document is not guaranteed.	

Packaging

Net Content	60g
Packaging Type*	Jar – Glass, Lid – Aluminium, Labels - Paper
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Shelf Life

Maximum Shelf Life	24 Months
Storage Conditions	Ambient (15°C - 20°C)

Ingredients	Organic Black MUSTARD Seeds
Allergens	For allergens, see ingredients in BOLD .

Nutritional Values per 100g

Energy	508kcal (2126KJ)
Fat	36.2g
Of Which Saturates	1.9g
Carbohydrates	28.1g
Of Which Sugars	6.8g
Fibre	12.2g
Protein	26.1g
Salt	0.03g

Certifications	Vegan (Vegan Society), Organic (Soil Association)
Serving Requirements	Ground down to a powder, or use whole in sauces, salad dressings and more.