



**PARIS GOURMET**  
Specialty Food Importer



**Item  
Number**

SPI323

**Ground Cardamom Pilar**

A member of the ginger family known for its eucalyptus-like floral, citrus flavor and aroma.

**Ingredients List:**

Cardamom

Country of Origin:  
USA

**NUTRITION FACTS**

2 Servings Per Container

Serving Size 100 g

Amount per serving

**Calories 311**

% Daily Value\*

**Total Fat** 6 g 8%

Saturated Fat 0 g 0%

*Trans Fat* 0 g

**Cholesterol** 0 mg 0%

**Sodium** 18 mg 1%

**Total Carbs** 68 g 23%

Dietary Fiber 28 g 100%

Total Sugars 0 g

Includes 0g added sugars

**Protein** 10 g 20%

Vitamin A 0 mcg 0%

Vitamin C 21 mcg 23%

Vitamin D 0 mcg 0%

Calcium 383 mg 29%

Iron 13 mg 72%

Potassium 1119 mg 24%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet 2000 calories a day is used for general nutrition advice.

**Usage**

**Applications**

**Directions**

**Handling**

**Storage**

Dry and cool (68- 72°F, 20- 22°C)

**After Opening**

Protect from Heat;Protect From Light;Store at Room

**Paris Gourmet of New York**

145 Grand Street  
Carlstadt, NJ 07072  
1-800-PASTRY-1

[www.ParisGourmet.com](http://www.ParisGourmet.com)

Information subject to change without notice.



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### Unit Information

Packaging	Sealed Cello Bag in a Decorative Tin
Unit Weight Format	Fixed
Net Weight	7 oz.
Gross Weight	17 oz.
Dimensions (L x W x H, Inches)	3.5 x 3.5 x 8
Cube	0.05671

### Case Information

Units Per Case	6
Net Weight (Lb.)	2.6
Gross Weight (Lb.)	6.4
Dimensions (L x W x H, Inches)	11 x 7.5 x 8.5
Cube	0.40582

### Palletization

Cases per Layer	10
Layers per Pallet	5
Cases per Pallet	50

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### Product Certifications

Certified Kosher		Gluten Free	✓
Certified Organic		GMO Free	
Trans Fat Free	✓	Certified Vegan	
Vegetarian	✓	DOA	
AOC		Fair Trade	

### Allergen Information

(Check mark indicates the presence of that allergen and a blank box indicates NO allergen. Please call for further verification.)

Wheat, rye, barley, oats		Nuts and their products	
Crustacea and their products		Peanuts and their products	
Egg and egg products		Soybeans and their products	
Fish and fish products		Royal Jelly	
Milk and milk products		Bee pollen	
Sesame Seeds and their products		Propolis	

### Dates

Format	US
On Unit	✓
On Case	
Type	Best Before
Notes	

UPC Case Barcode

UPC Unit Barcode



EAN Barcode