

Cardamom

The Queen of Spices

Origin : India

Producer : India 2nd Largest in the world

Generic Name : Elettaria Cardamomum



Physical Properties

Leafy shoots of the cardamom plant arise 5 to 20 feet from the branching rootstock. Flowering shoots, approximately 3 feet long, upright or sprawling; each bears numerous flowers about 2 inches in diameter with greenish petals and a purple-veined white lip. The whole fruit, 0.8 to 1.5 cm, is a green three-sided oval capsule containing 15 to 20 dark, reddish brown to brownish black, hard, angular seeds.

Cardamom

Pure & Natural Product

Medicinal Properties

- Digestive Aid
- Anti-Inflammatory Properties
- Heart Health
- Oral Health
- Antioxidant-Rich
- Respiratory Health
- Weight Management

Nutritional Value

100 g of Black Pepper contains

Protein	10.8 g
Total lipid (fat)	6.7 g
Ash	5.78 g
Carbohydrate, by difference	68.5 g
Fiber, total dietary	28 g
Calcium, Ca	383 mg
Iron, Fe	14 mg
Magnesium, Mg	229 mg
Phosphorus, P	178 mg
Potassium, K	1120 mg
Sodium, Na	18 mg
Zinc, Zn	7.47 mg
Copper, Cu	0.383 mg
Manganese, Mn	28 mg
Vitamin C, tot ascorbic acid	21 mg
Vitamin B-	6 0.23 mg

Source: USDA National Nutrient data base

Uses

- **Elaichi in Cooking:** Culinary Uses of Cardamom. It is used in a wide range of dishes and beverages, both sweet and savoury
- **Baking** : Used in cookies, cakes, and bread for delightful aroma and flavour
- **Beverages** : As masala chai, Turkish coffee and various liqueurs
- **Curries and Stews** : In savoury dishes to the flavour profile
- **Desserts** : Cardamom used to flavour ice creams, kheers, puddings
- **Spice Blends** : As garam masala, used in Indian cooking to variety of dishes
- **Ayurvedic Medicine** : To manage nausea and improve digestion.
- **Aromatherapy** : Use in aromatherapy - candles, incense, etc.

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