



SPICES



BLACK PEPPER



Black pepper (*Piper nigrum*) is a flowering vine in the family Piperaceae, cultivated for its fruit, which is usually dried and used as a spice and seasoning. When dried, the fruit is known as a peppercorn.

Our Sri Lankan black pepper has a quick bite and a lingering aroma. We select only high density, early harvest berries deep black in colour.

High density is a sign of a pepper that has been harvested at the right time and that has been properly cured and dried. The dark colour is indicative of an early harvest, when the fresh peppercorns are still yellow-green in colour. Black peppercorns harvested at that stage have a fleeting hotness and a fresh taste. A quality pepper for your pepper mill.

Health Benefits of Black Pepper

- Good for the Stomach
- Weight Loss
- Skin Health
- Antibacterial Quality

Nutrition Facts

Serving Size	100 g
Amount Per Serving	
Calories 251	
	% Daily Value
Total Fat 3.3g	5 %
Saturated Fat 1.4g	7 %
Sodium 20mg	1 %
Total Carbohydrate 64g	21 %
Dietary Fiber 25g	100 %
Sugar 0.6g	
Protein 10g	20 %
Vitamin A 11 % • Vitamin C 0 %	
Calcium 44 % • Iron 54 %	
Daily values are based on 2000 calorie diet.	



Cardamom

Cardamom is a spice made from the seeds of several plants in the genera Elettaria and Amomum in the family Zingiberaceae. They are recognised by their small seed pods, triangular in cross-section and spindle-shaped, with a thin, papery outer shell and small black seeds. It is the world's third-most expensive spice, surpassed in price per weight only by vanilla and saffron.

it is commonly used to flavor meats, poultry, seafood, vegetable dishes, soups and sauces. Green cardamom is also used to flavor coffee and teas, most notably Masala chai.

Health Benefits of Cardamom

- Anti-Carcinogenic Properties
- Good for Cardiovascular Health
- Control of Cholesterol
- Anti-Depressant

Nutrition Facts	
Serving Size	100 g
Amount Per Serving	
Calories 311	
% Daily Value	
Total Fat 6.7g	10 %
Saturated Fat 0.7g	4 %
Sodium 18mg	1 %
Total Carbohydrate 68g	23 %
Dietary Fiber 28g	112 %
Protein 11g	22 %
Vitamin A 0 % • Vitamin C 35 %	
Calcium 38 % • Iron 78 %	
Daily values are based on 2000 calorie diet.	





CINNAMON

Cinnamon is the name for perhaps a dozen species of trees and the commercial spice products that some of them produce. All are members of the genus *Cinnamomum* in the family Lauraceae. Only a few of them are grown commercially for spice.

Sri Lankan cinnamon with its sweet, mellow flavour and strong aroma is also known as True Cinnamon, as opposed to various other types of fake cinnamon products.

Cinnamon has many uses ranging from traditional food, western sweets, deserts, rice pudding, apple cake and jams. French toast and bread, Spanish sangria, Moroccan fish and lamb dishes, Asian perfumed rice, Indian curry pastes and masala, the legendary Chinese "mix of five spices", and of course its variety of mixes with chocolate, coffee and tea.

Health Benefits of Cinnamon

- High Source of Antioxidants
- Contains Anti-inflammatory Properties
- Protects Heart Health
- Fights Diabetes

Nutrition Facts	
Serving Size	100 g
Amount Per Serving	
Calories 247	
	% Daily Value
Total Fat 1.2g	2 %
Saturated Fat 0.3g	2 %
Sodium 10mg	0 %
Total Carbohydrate 81g	27 %
Dietary Fiber 53g	212 %
Sugar 2.2g	
Protein 4g	8 %
Vitamin A 6 % • Vitamin C 6 %	
Calcium 100 % • Iron 46 %	
Daily values are based on 2000 calorie diet.	



WHITE PEPPER



White pepper is composed without the pericarp. Pericarp contains much of the piperine, so the white corns are more aromatic and less strong, making it less strong than black pepper, but richer in flavour with sweet overtones.

Ground white pepper is often used in cream sauces, Chinese and Thai cuisine, and dishes like salad, light-coloured sauces and mashed-potatoes, where black pepper would visibly stand out. White pepper has a slightly different flavour from black pepper, due to the lack of certain compounds present in the outer fruit layer of the drupe, but not found in the seed.

Health Benefits of White Pepper

- Pain Relieving
- Arthritis Aid
- Weight Loss
- Cancer Cure

Nutrition Facts

Serving Size	100 g
Amount Per Serving	
Calories 296	
% Daily Value	
Total Fat 2.1g	3 %
Saturated Fat 0.6g	3 %
Sodium 5mg	0 %
Total Carbohydrate 69g	23 %
Dietary Fiber 26g	104 %
Protein 10g	20 %
Vitamin A 0 % • Vitamin C 35 %	
Calcium 26 % • Iron 80 %	
Daily values are based on 2000 calorie diet.	



CLOVES

Clove is the dried unopened flower bud of the evergreen tree. It is not known how and when clove was introduced to Sri Lanka, but it may be that the Arabian traders or Colonial rulers brought the plant to the country, as Sri Lanka was a major trading hub for spices during those times.

Sri Lankan cloves have been found to be richer in oil than those from other exporting countries.

Clove is largely used as ground or dried whole buds to provide flavour curry mixtures, flavouring foods, both sweet and savoury, in pickling and the production of sauces and ketchup, as well as the pharmaceutical dentistry, and perfume industry.

Nutrition Facts	
Serving Size	100 g
Amount Per Serving	
Calories	274
% Daily Value	
Total Fat 13g	20 %
Saturated Fat 4g	20 %
Sodium 277mg	12 %
Total Carbohydrate 66g	22 %
Dietary Fiber 34g	136 %
Sugar 2.4g	
Protein 6g	12 %
Vitamin A 3 % • Vitamin C 0 %	
Calcium 63 % • Iron 66 %	
Daily values are based on 2000 calorie diet.	

Health Benefits of Clove

- Antioxidant Properties
- Nausea and vomiting
- Cough and breath
- Treats and Removes Acne





GORAKA

(GARCINIA CAMBOGIA)

Garcinia gummi-gutta is a tropical species of *Garcinia*. Common names include *garcinia cambogia* (a former scientific name), as well as brindleberry, Malabar tamarind, and kudam puli (pot tamarind).

The Goraka fruits are too acidic to be eaten raw. They are valued for their sundried rind which is widely used in cooking. The ingredient is widely used in place of lime and tamarind. It is an essential ingredient in all the seafood loving kitchens in Sri Lanka. The dried fruit is used as a souring agent in South Indian and Sri Lankan famous fish curries and other seafood preparations. The dried Goraka rinds are used along with salt for washing seafood prior to cooking. Goraka is known to destroy histamine in fish by 80%. Goraka is also used as a preservative.. Goraka also improves the hardness of the fish pieces.

Recent clinical studies have shown the effectiveness of Goraka in tackling weight loss and boosting the immune system. The famous Dr. Oz has also featured Goraka as an effective fat burner that people around the world can use to lose their unwanted weight.





LEMONGRASS

Lemongrass is commonly cultivated as culinary and medicinal herbs because of their scent, resembling that of lemons (*Citrus lemon*). Common names include lemongrass, barbed wire grass, silky heads, citronella grass, cha de Dartigalongue, fever grass, tanglad, hierba Luisa, or gavati chaha, amongst many others.

It has a subtle citrus flavour. It is commonly used in teas, soups, and curries. It is also suitable for use with poultry, fish, beef, and seafood.

It has many beneficial medicinal properties including analgesic, anti-inflammatory, antidepressant, antipyretic, antiseptic, antibacterial, antifungal, astringent, carminative, diuretic, febrifuge, insecticidal, sedative, and anti-cancer properties. The leaves, stems and bulb of lemongrass are used in various treatments.





MACE

Mace is a spice made from the waxy red covering that surrounds nutmeg seeds. The flavour is similar to that of nutmeg. It has a wide range of uses from desserts to savoury roast meats. It is mostly used in sweet dishes. It gives a sweet, warm and pleasant flavour, especially to bakery foods such as pastries, donuts, cake, etc.

Essentially employed as an aromatic agent, mace spice greatly enhances colour, taste and flavour of foods. Nonetheless, it contains some of the anti-oxidant compounds, essential oils, minerals, and vitamins.

Mace features quite a different nutritional profile than nutmeg. It is less in calories, but has more concentrations of essential oils, vitamin A, vitamin C, carotenes, iron, and calcium.

The active principles in mace spice have many therapeutic applications in many traditional medicines as anti-fungal, anti-depressant, aphrodisiac, digestive, and carminative functions.





MUSTARD SEEDS

Mustard seeds have been highly prized culinary oil-seeds being in use since earlier times. The seeds are fruit pods obtained from mustard plant, in the Brassica family.

Generally perceived as health benefiting spice, mustard seeds are indeed very rich in phyto-nutrients, minerals, vitamins and anti-oxidants.

For sauces: When cooked in oil the taste of mustard seeds will remain subtle, adding a less pungent flavour to things like curry pastes, sauces, or stews. As with most seeds, toasting excites the seeds' volatile oils and helps release their aromatic flavour.

Nutrition Facts	
Serving Size	100 g
Amount Per Serving	
Calories 508	
% Daily Value	
Total Fat 36g	55 %
Saturated Fat 2g	10 %
Sodium 13mg	1 %
Total Carbohydrate 28g	9 %
Dietary Fiber 12g	48 %
Sugar 6.8g	
Protein 26g	52 %
Vitamin A 1 % • Vitamin C 12 %	
Calcium 27 % • Iron 51 %	
Daily values are based on 2000 calorie diet.	





NUTMEG

Nutmeg is a perennial ever green spice tree, and is reported to have been introduced to Sri Lanka in the beginning of the 19th century, or even before that by merchants who were traveling the legendary Silk Road.

Nutmeg is mainly used for culinary purposes, usually in ground or grated form, to flavour curries and other food products, confectioneries and bakery products. It is also used in preparation of beverages and drinks.

In Indonesian cuisine, nutmeg is used in various dishes, mainly in many spicy soups. It is also used in gravy for meat dishes, and European derived dishes such as beef steak.

Nutrition Facts	
Serving Size	100 g
Amount Per Serving	
Calories 525	
	% Daily Value
Total Fat 36g	55 %
Saturated Fat 26g	130 %
Sodium 16mg	1 %
Total Carbohydrate 49g	16 %
Dietary Fiber 21g	84 %
Sugar 3g	
Protein 5.8g	12 %
Vitamin A 2 % • Vitamin C 5 %	
Calcium 18 % • Iron 17 %	
Daily values are based on 2000 calorie diet.	





RED CHILLIES

The chili pepper, is the fruit of plants from the genus *Capsicum*, members of the nightshade family. Chilli is one of the most important cash crops grown in Sri Lanka.

The substances that give chili peppers their intensity when ingested or applied topically, are capsaicin and several related chemicals, collectively called capsaicinoids.

Red chillies are also used extensively for making sauces which are used to add spice to other dishes. They are an excellent source of vitamin C but excess use of red chillies may cause indigestion and heartburn.

Nutrition Facts

Serving Size 100 g

Amount Per Serving

Calories 282

% Daily Value

Total Fat 14g **22 %**

Saturated Fat 2.5g **12 %**

Sodium 2867mg **125 %**

Total Carbohydrate 50g **17 %**

Dietary Fiber 35g **140 %**

Sugar 7.2g

Protein 13g **26 %**

Vitamin A 593 % • Vitamin C 1 %

Calcium 33 % • Iron 96 %

Daily values are based on 2000 calorie diet.



TURMERIC



Turmeric, is a rhizomatous herbaceous perennial plant of the ginger family, Zingiberaceae. In medieval Europe, turmeric became known as Indian saffron because it was widely used as an alternative to the far more expensive saffron spice.

Ground into a deep-orange-yellow powder, it is commonly used as a spice in Sri Lankan, Bangladeshi, Indian, and Pakistani cuisine and curries.

In recipes outside South Asia, turmeric is sometimes used as an agent to impart a rich, custard-like yellow colour. It is used in canned beverages, baked products, dairy products, ice cream, yogurt, yellow cakes, orange juice, biscuits, popcorn colour, cereals, sauces, gelatines, etc.

Health Benefits of Turmeric

- Boosts Immunity
- Protects Against Certain Liver Diseases
- Controls Development of Type 2 Diabetes
- Helps Promote Weight Loss

Nutrition Facts	
Serving Size	100 g
Amount Per Serving	
Calories 312	
% Daily Value	
Total Fat 3.3g	5 %
Saturated Fat 1.8g	9 %
Sodium 27mg	1 %
Total Carbohydrate 67g	22 %
Dietary Fiber 23g	92 %
Sugar 3.2g	
Protein 9.7g	19 %
Vitamin A 0 % • Vitamin C 1 %	
Calcium 17 % • Iron 306 %	
Daily values are based on 2000 calorie diet.	



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