

Organic whole black cumin

The dried black seeds of black cumin are 2-3 mm long and very aromatic. The slightly sharp taste is reminiscent of a mixture of nuts, thyme with a hint of eucalyptus and pepper. Black cumin is often used in baked goods such as flatbread and in oriental cuisine. It can also be pressed into an intense oil. Did you know that black cumin is not botanically related to either [caraway](#) or [cumin](#)? It belongs to the family of buttercups and its aromatic seeds mature in a protective shell.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1789 kj
Calorific value kcal	428 kcal
Fat	22.3 g
Of which saturated fatty acids	1.5 g
Carbohydrates	33.7 g
Of which sugar	2.3 g
Fibers	10.5 g
Protein	17.8 g
Salt	0.42 g

Allergene

Gluten-containing cereal	Nein
Chicken egg	Nein
Peanuts	Nein
Milk	Nein
Celery	Nein
Sesame seeds	Nein
Lupines	Nein
Crustaceans	Nein
Fish	Nein
Soy	Nein
Nuts	Nein

Mustard	Nein
Sulfur dioxide and sulphite	Nein
Molluscs	Nein
Cashews	Nein
Spelt	Nein
Barley	Nein
Oat	Nein
Hybrid Strains	Nein
Kamut	Nein
Macadamia	Nein
Almonds	Nein
Brazil Nuts	Nein
Pecans	Nein
Pistachios	Nein
Rye	Nein
Hazelnuts	Nein
Sesame	Nein
Walnuts	Nein
Wheat	Nein