

Premium Organic Ground Turmeric min. 4.5% Curcumin

Turmeric belongs to the ginger family. For this premium powder, we select roots whose curcumin content is over 4.5%. The cleaned and dried root is finely ground. The most noticeable feature is probably the bright yellow color, but turmeric can also score in terms of taste. It is mildly spicy with a slightly bitter note. When cooking, the warm aroma develops and enchants rice dishes, legume curries, sauces, and dips. In the bakery, it can be used to color doughs. A wonderful good-mood drink is the popular "Golden Milk". It conjures up sunshine in a glass. The colorful spice has been used in India for over 4000 years and is an indispensable part of most curry mixtures.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1220 kj
Calorific value kcal	292 kcal
Fat	3.3 g
Of which saturated fatty acids	1.8 g
Carbohydrates	44.4 g
Of which sugar	3.2 g
Fibers	22.7 g
Protein	9.7 g
Salt	0.068 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

Example Company

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