

Black cumin whole organic

Designation: black cumin seeds

Description: Did you know that black cumin is not botanically related to either caraway or cumin? It belongs to the buttercup family and its aromatic seeds ripen in a protective hull.

Preparation: Organic black cumin is a popular spice in Indian and oriental cuisine. The seeds can also be used to flavour bread, cheese, vegetable dishes and salads.

Ingridients: black cumin whole*

* from controlled organic cultivation

Raw food: No

Fairtrade: No

Gluten-free: No

Vegan: Yes

Superfood: No

Naturally gluten-free: No

Plastic-free: No

Organic: Yes

Colli/Multi package: We trade this item in various packaging units. The current packaging size is 1kg. Please refer to the order confirmation for the final packaging unit.

Value Pack: No

ECO Control Point: DE-ÖKO-003

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1981 kj
Calorific value kj	1789 kj
Calorific value kcal	473 kcal
Calorific value kcal	428 kcal
Fat	21.2 g
Fat	22.3 g
Of which saturated fatty acids	0.6 g
Of which saturated fatty acids	1.5 g
Carbohydrates	41 g
Carbohydrates	33.7 g
Of which sugar	7.5 g
Of which sugar	2.3 g
Fibers	12.7 g
Fibers	10.5 g
Protein	23.3 g
Protein	17.8 g
Salt	0.05 g
Salt	0.42 g

Allergene

Gluten-containing cereal	Nein
Chicken egg	Nein
Peanuts	Nein
Milk	Nein
Celery	Nein
Sesame seeds	Nein

Example Company

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