

Organic whole cumin (Cumin) 300g

Cumin, also known as Kreuzkümmel, boasts a robust, savory flavor with a slightly bitter, sharp note. It enhances Indian curries, Middle Eastern hummus and falafel, and is a key ingredient in Mexican chili con carne. It's also perfect for a variety of Asian and African dishes, as well as stews and casseroles. We also offer [ground organic cumin](#).

[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

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