

# Cumin milled organic 300g

**Designation:** cumin milled

**Description:** Cumin has a strong, spicy flavour with a slightly bitter, pungent note. It refines Indian curries, oriental hummus and falafel, is used in Mexican chilli con carne and is suitable for many other dishes in Asian and African cuisine as well as for soups and stews.

**Preparation:** Aromatic organic cumin is an essential ingredient in curries and stews in many national cuisines, as well as in the preparation of hummus and falafel.

**Ingridients:** cumin seeds milled\*

\* 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  
**Value Pack:** Yes

**ECO Control Point:** DE-ÖKO-003

[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

Example Company

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