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## Cumin

As with many spices, Cumin seeds are harvested by hand from the Cumin plant (*Cuminum Cyminum*). It is a relative of the parsley family and native throughout the Middle East, Asia, Africa and Europe. Cumin is used all around the world to enhance the flavor of many traditional dishes.

Cumin seeds are available as whole dried seeds or ground powder, and commonly mixed with many other spices such as chili and curry powder to form popular blends like Garam Masala, Achiote and Adobos. Cumin is an everyday spice in many food cultures, particularly Indian, Asian and African cuisines.

Cumin has small boat-shaped seeds, with the most common variety being brownish-yellow. Cumin seeds also come in green, white and black. The flavor of these aromatic seeds is warm and earthy, combined with a little sweetness and bitterness. Black cumin is a premium product with a more intense aroma than other varieties. The processing method is a little more complex making this more expensive and mainly used for special dishes.







## Uses

Cumin has been a part of many peoples diet for thousands of years, both as an everyday spice as well as in traditional medicines. They are high in Iron and antioxidants. Cumin seeds are commonly chewed as a digestive aid. Clinical studies now show support for some of these traditional health benefits such as reducing cholesterol levels, reducing the likelihood of diabetes and promoting weight loss. Cumin's main health benefits relate to digestion, the immune system, and circulation. It is also used to fight cancer growth, bacteria and parasites, as an anti-inflammatory, treat diarrhea and improve Irritable Bowel Syndrome, and improve memory.

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## Quality Assurance Process

1. Selection of the produce from locations far from farms using any pesticides or other harmful chemicals.
2. Gentle dehydration of the produce to reach the crop moisture required by the customer.
3. Laser sorting.
4. Further manual quality control checks to obtain a product purity of 99.8%.
5. Sterilization of the produce.
6. Packaging and storage.

## Packaging and Delivery

Delivery of your order is available in the proposed packaging size of 25-30 kg. For export, we can deliver the orders all around the world in cartons due to customer's requirements. Delivery time is negotiable.



# Analytic and Nutritional Values of Cumin Seeds

Cumin seed (*Cuminum Cyminum*) (Source: USDA National Nutrient database)

Principle	Nutrient Value	Percentage of RDA
Energy	Kcal 375	19%
Carbohydrates	g 44.24	34%
Protein	g 17.8	32%
Total Fat	22.27g	74%
Cholesterol	mg 0	0%
Dietary Fiber	g 10.5	26%
Vitamins		
Folates	µg 10	2.5%
Niacin	mg 4.58	28.5%
Pyridoxine	mg 0.435	33%
Riboflavin	mg 0.32	24.5%
Thiamin	mg 0.628	52%
Vitamin A	IU 1270	42%
Vitamin C	mg 7.7	13%
Vitamin E	mg 3.3	22%
Vitamin K	µg 5.4	4.5%
Elektrolytes		
Sodium	mg 1788	38%
Potassium	mg 68	11%
Minerals		
Calcium	mg 931	93%
Copper	mg 867 .0	96%
Iron	mg 66.36	82.9%
Magnesium	mg 366	91%
Manganese	mg 3.3	145%
Phosphorus	mg 499	71%
Zinc	mg 4.8	43.5%
Phyto-nutrients		
Carotene-β	µg 762	-
Crypto-xanthin-β	µg 0	-
Lutein-zeaxanthin	µg 448	-

For a Serving Size of 100 g

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