



NET WT 16 oz (453.6 g)

Ground Cumin

Cumin is a spice made from grounding roasted seeds from the **Cumin** plant, this reduces preparation time as they no longer need to be cooked to release its flavorful oils.

Cumin is a spice that is considered to be part of the parsley family. It is the seed of the plant cuminum cyminum. It promotes digestion, is rich in iron, has antibacterial properties, and to an extent help prevent developing cancer.

Nutrition Facts

Serving size 1 tsp (5g)
Amount per serving
Calories 0

*The % Daily Value (DV) tells you how much a nutrient in a serving of a food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Amount per serving

Total Fat 1.3g

Sat. Fat 0.1g

Trans Fat 0g

Cholesterol 0mg

Sodium 10mg

Vitamin D 0mcg 0%

Calcium 0mg 5%

Iron 0mg 22%

Potassium 107mg 3%

Amount per serving

Total Carb 2.7g

Dietary Fiber 0.6g

Sugars 0.1g

Including 0g added Sugars

Protein 1.22mg



INGREDIENTS: Ground cumin seeds. No preservatives added. Naturally gluten free product.

Packaged in a plant that handles tree nut, wheat, and soy products.

15 oz

12 oz

9 oz

6 oz

3 oz

cut
out



Questions:
Call or go to our website!
(405)-761-9313 • SweetlySpicy.com

