

CUMIN

SPECIFICATION

Product Name

Cumin seeds

Origin

Levant (Eastern Meditteranean)

Family

Apiaceae

Binomial name

Cuminum cyminum





FEATURES & CHARACTERISTICS

Color

Brownish-yellow
(other variants are also available)

Binomial name

Earthy, nutty, spicy taste with a
strong, warm aroma

INGREDIENTS

Nutrients

375 Kcl Calories, 10.5 gm fibre
44.24 gm carbohydrates

Minerals

Calcium, Iron, Magnesium, Manganese
Phosphorus, Potassium, Sodium, Zinc

Vitamins

Vitamin C, E, B

Protein

17.81 gm

Fats

22.27 gm



USES & BENEFITS

- **Culinary** - Cumin seeds or in the powdered form is used as a spice in a number of dishes across the planet.
- **Essential oils** - Due to its aroma and pungent smell, cumin is also used as essential oils and perfumes.
- **Skincare** - It is mixed with other products such as honey in skincare including exfoliation.
- **Medicinal** - Cumin is used in traditional medicine to make kashaya, arishta, etc. It is also used in several Indian households as jira water.

TURMERIC USES & BENEFITS

- **Skincare**
- **Detoxification**
- **Weight loss**
- **Digestion**

