



## NUTRITION PROFILE

Product: **CUMIN SEED (COMINO)**  
 Sales Code(s): **1310...1314, 5930, 5940, 5950, 5960**

NUTRIENT	UNITS	AMOUNT per 100 Grams
Calories	Kcal	375.00
Protein	grams	17.81
Fat- Total	grams	22.27
Fat- Saturated	grams	1.54
Calories from Fat	Kcal	200.43
Cholesterol	mg	0
Trans Fatty Acids	grams	0
Carbohydrate	grams	44.24
Dietary Fiber	grams	10.50
Sugars	grams	2.25
Sodium	mg	168.00
Calcium	mg	931.00
Phosphorus	mg	499.00
Potassium	mg	1,788.00
Iron	mg	66.36
Thiamine	mg	0.63
Riboflavin	mg	0.33
Niacin	mg	4.58
Vitamin A	I.U.	1,270.00
Vitamin C	mg	7.70

*The above nutritional information was derived from USDA references and may be supplemented by information provided by our ingredient suppliers. This data is based on currently available calculated data. Final nutritional labeling responsibility rests with the finished product manufacturer.*

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