

cumin powder nutrition facts

cumin powder nutrition facts provide valuable insights into the health benefits and dietary contributions of this popular spice. Widely used in various cuisines around the world, cumin powder is derived from the seeds of the *Cuminum cyminum* plant and is known for its distinctive flavor and aroma.

Understanding the nutrition profile of cumin powder is essential for those looking to optimize their diet and enjoy the advantages of its bioactive compounds. This article explores the detailed nutrient composition of cumin powder, its health benefits, potential applications, and ways to incorporate it into a balanced diet. Additionally, it will cover its calorie content, macronutrients, micronutrients, and unique phytochemicals. The following sections provide a comprehensive overview of cumin powder nutrition facts and related information.

- Nutrition Profile of Cumin Powder
- Health Benefits Linked to Cumin Powder
- Common Uses and Culinary Applications
- Incorporating Cumin Powder into Your Diet
- Potential Side Effects and Considerations

Nutrition Profile of Cumin Powder

Cumin powder is a nutrient-dense spice that contributes various essential nutrients even in small quantities. The nutrition facts of cumin powder reveal a rich composition of macronutrients, vitamins,

minerals, and antioxidants. These components make cumin a valuable addition to many diets, especially for those seeking natural sources of micronutrients and dietary fiber.

Macronutrient Composition

Per 100 grams, cumin powder contains a moderate amount of calories, primarily from carbohydrates and fats, along with protein. Although typical culinary use involves much smaller quantities, the macronutrient breakdown is as follows:

- **Calories:** Approximately 375 kcal
- **Carbohydrates:** Around 44 grams, largely composed of dietary fiber
- **Protein:** Roughly 18 grams
- **Fat:** About 22 grams, including beneficial unsaturated fats

The high fiber content in cumin powder aids in digestion and helps maintain healthy blood sugar levels. Its protein content, while modest, contributes to overall nutrient intake.

Micronutrient Content

Cumin powder is a rich source of several essential vitamins and minerals that support various bodily functions:

- **Iron:** Cumin is exceptionally high in iron, providing over 60 mg per 100 grams, which is crucial for oxygen transport and energy metabolism.
- **Manganese:** Important for bone health and antioxidant enzyme function.
- **Calcium:** Supports bone density and muscle function.
- **Magnesium:** Plays a role in over 300 enzymatic reactions, including energy production.
- **Vitamin A:** Present in small amounts, contributing to immune function and vision health.
- **Vitamin C:** Offers antioxidant properties and supports immune defense.

The abundance of these micronutrients makes cumin powder a beneficial spice beyond its flavor-enhancing properties.

Phytochemicals and Antioxidants

Cumin powder contains bioactive compounds such as cuminaldehyde, terpenes, and flavonoids. These phytochemicals exhibit antioxidant, anti-inflammatory, and antimicrobial effects, which contribute to the overall health benefits associated with cumin consumption. The antioxidant activity helps neutralize free radicals, potentially reducing oxidative stress and lowering the risk of chronic diseases.

Health Benefits Linked to Cumin Powder

The nutrition facts of cumin powder correlate with several health-promoting properties. Scientific research highlights its role in enhancing digestion, boosting immunity, and supporting metabolic health.

These benefits arise from its unique combination of nutrients and phytochemicals.

Improved Digestion

Cumin powder has been traditionally used to relieve digestive issues such as bloating, gas, and indigestion. Its high fiber content and active compounds stimulate the secretion of digestive enzymes, improving nutrient absorption and promoting gut health. Additionally, cumin may help alleviate symptoms of irritable bowel syndrome (IBS) and other gastrointestinal discomforts.

Enhanced Immune Function

The presence of vitamins A and C, combined with antioxidant phytochemicals in cumin, supports the immune system by protecting cells from damage and enhancing immune cell activity. Regular inclusion of cumin powder in meals may contribute to better resistance against infections and faster recovery times.

Blood Sugar Regulation

Studies indicate that cumin powder may assist in regulating blood glucose levels by improving insulin sensitivity. This effect can be beneficial for individuals with type 2 diabetes or those at risk of metabolic syndrome. The fiber in cumin also aids in slowing glucose absorption, preventing rapid blood sugar spikes.

Weight Management

Cumin powder's impact on metabolism and digestion may support weight loss efforts. It has been shown to promote fat oxidation and reduce body fat accumulation in some clinical trials. The spice's ability to enhance digestion and regulate blood sugar also contributes to appetite control and energy balance.

Common Uses and Culinary Applications

Cumin powder is an indispensable ingredient in many global cuisines, valued for its warm, earthy flavor and aroma. Its versatility allows it to complement savory dishes, spice blends, and even some beverages.

Traditional Culinary Uses

Cumin powder is commonly used in:

- Indian and Middle Eastern curries and stews
- Mexican and Latin American spice blends such as taco seasoning
- North African dishes like tagines and couscous
- Flavoring for roasted vegetables and grilled meats
- Soups, sauces, and marinades

Its distinctive taste enhances the complexity of dishes and balances other spices.

Incorporation in Spice Blends

Cumin powder is a key component in many spice mixtures, including garam masala, chili powder, and ras el hanout. Its robust flavor profile pairs well with coriander, turmeric, chili powder, and black pepper, creating harmonious blends that elevate various recipes.

Incorporating Cumin Powder into Your Diet

Given the potent nutrition facts of cumin powder, including it regularly in meals can contribute to improved nutrient intake and health benefits. Practical tips for using cumin powder effectively are essential for maximizing its advantages.

Recommended Serving Sizes

Typical culinary use of cumin powder ranges from 1/4 teaspoon to 1 teaspoon per serving, depending on the recipe and personal taste preferences. Since cumin is potent, small amounts provide significant flavor and nutritional benefits without contributing excessive calories.

Easy Ways to Add Cumin Powder

- Sprinkle over roasted or sautéed vegetables for added flavor and nutrients.

- Add to soups, stews, and chili dishes at the beginning of cooking to release its aroma.
- Mix into homemade spice blends or rubs for meats and tofu.
- Incorporate into salad dressings or yogurt-based dips for a unique twist.
- Use in marinades for grilling or baking to infuse dishes with cumin's characteristic taste.

Experimenting with cumin powder in both traditional and innovative recipes can enhance dietary diversity and nutritional quality.

Potential Side Effects and Considerations

While cumin powder offers numerous health benefits, it is important to be aware of potential side effects and precautions associated with its consumption.

Allergic Reactions

Some individuals may experience allergic reactions to cumin, including skin irritation, rash, or respiratory symptoms. It is advisable to monitor for any adverse effects, especially when introducing cumin powder into the diet for the first time.

Interactions with Medications

Cumin may interact with certain medications, such as blood thinners and diabetes drugs, potentially

affecting their efficacy. Consulting a healthcare provider before significantly increasing cumin intake is recommended for individuals on medication.

Excessive Consumption Risks

High doses of cumin powder, particularly in supplement form, may cause gastrointestinal discomfort or other adverse effects. Maintaining moderate culinary use is generally safe and effective for health promotion.

Frequently Asked Questions

What are the main nutrients found in cumin powder?

Cumin powder is rich in iron, manganese, calcium, magnesium, and dietary fiber. It also contains small amounts of vitamins such as vitamin A, vitamin C, and several B vitamins.

How many calories are in a teaspoon of cumin powder?

A teaspoon of cumin powder contains approximately 8 calories, making it a low-calorie spice option for adding flavor to dishes.

Is cumin powder a good source of iron?

Yes, cumin powder is an excellent source of iron. Just one teaspoon provides about 4 mg of iron, which is roughly 22% of the daily recommended intake for adults.

Does cumin powder contain antioxidants?

Yes, cumin powder contains antioxidants such as flavonoids and phenolic compounds, which help protect the body from oxidative stress and inflammation.

Can cumin powder aid in digestion due to its nutritional content?

Cumin powder is known to aid digestion because it contains dietary fiber and compounds that stimulate the secretion of digestive enzymes, helping to improve gut health and reduce bloating.

How much protein is in cumin powder?

Cumin powder contains about 0.4 grams of protein per teaspoon, contributing a small but beneficial amount of protein when used as a spice in meals.

Additional Resources

1. *The Nutritional Power of Cumin Powder*

This book explores the rich nutritional profile of cumin powder, detailing its essential vitamins, minerals, and antioxidants. It provides insights into how cumin can support digestion, boost immunity, and promote overall health. Readers will find practical tips on incorporating cumin into their daily diet for maximum benefits.

2. *Cumin Powder: A Comprehensive Guide to Health Benefits and Nutrition*

Delve into the scientific research behind cumin powder's health-promoting properties. This guide covers its role in weight management, blood sugar regulation, and anti-inflammatory effects. The book also includes recipes and serving suggestions to enhance your nutritional intake.

3. *Unlocking the Secrets of Cumin: Nutrition Facts and Wellness*

Discover the ancient spice of cumin and its modern-day nutritional advantages. The book highlights cumin's rich nutrient content, including iron, calcium, and dietary fiber, and explains how these contribute to wellness. It also discusses traditional uses and contemporary applications in health.

4. *Cumin Powder Nutrition: From Kitchen Spice to Superfood*

This book chronicles the journey of cumin from a common kitchen spice to a recognized superfood. It provides detailed nutritional facts and explains how cumin's compounds aid in digestion, improve

metabolism, and fight oxidative stress. Practical advice on usage and storage is also included.

5. The Science Behind Cumin Powder's Nutritional Value

Focusing on the biochemical aspects, this book presents the science underlying cumin's nutritional benefits. It examines key nutrients such as iron and manganese and their impact on human health. Readers will gain a deeper understanding of how cumin supports bodily functions.

6. Cumin Powder and Its Role in Nutrition and Dietetics

Targeted towards dietitians and nutritionists, this book outlines cumin's place in a balanced diet. It reviews clinical studies on cumin's effects on cholesterol, blood glucose, and digestion. The book also offers dietary plans incorporating cumin for various health conditions.

7. The Essential Guide to Cumin Powder Nutrition Facts

This guide offers a straightforward and accessible look at the nutritional components of cumin powder. It breaks down macronutrients and micronutrients, explaining their health implications. The book is ideal for anyone interested in enhancing their diet with cumin.

8. Cumin Powder: Nutritional Insights and Culinary Uses

Combining nutrition with culinary art, this book highlights how cumin powder's nutrients can be preserved and maximized through cooking. It features nutritional analyses alongside flavorful recipes from around the world. The book encourages readers to enjoy cumin as both a health booster and a spice.

9. Harnessing the Nutritional Benefits of Cumin Powder

Explore practical ways to harness the nutritional benefits of cumin powder in everyday life. This book discusses its antioxidant properties, digestive aids, and immune support functions. It also provides guidance on selecting high-quality cumin powder for optimal nutrition.

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