

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.

Cumin Powder Nutrition Facts

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delicious way, regardless of your health concerns, diabetes management, or just desire to eat healthier. Take it one recipe at a time and begin your path to improved health.

cumin powder nutrition facts: Better Homes and Gardens 365 30-Minute Meals Better Homes and Gardens, 2011-10-20 A mouthwatering collection of quick and delicious weeknight dinners the whole family will love—year round 365 30-Minute Meals is filled with a year's worth of fast, fresh and fun dinner ideas. With quick, easy-to-prepare recipes offering innovative dinner solutions for everyday staples like meat, poultry, fish, seafood, salads, stews, sandwiches, and more, this book is perfect for busy home cooks who need to get dinner on the table fast. Helpful cooking tips are spread throughout, and substitution suggestions help keep dinner on track even when you lack an ingredient. A great value for busy families with 365 recipes in one affordable volume Beautiful full-color inserts with more than 50 photos At-a-glance icons that highlight Kid-Friendly, Healthful, and Quick-and-Special recipes Helpful cooking tips and sidebars on cooking quick meals, as well as shopping, storing, prepping, and garnishing 365 30-Minute Meals offers a wealth of options for busy families in need of fast, great-tasting dinner solutions.

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cumin powder nutrition facts: The Ultimate Soups & Stews Book Better Homes and Gardens, 2013-03-01 You'll never run out of delicious soups and stews with this extensive, photo-filled collection of recipes This new addition to the Ultimate series features enough incredible soups and stews to try a new recipe every day of the year! It's all here, from timeless classics like potato chowder to intriguing new flavors like minted watermelon soup. Perfect for any day and any season, these recipes cover every course, from appetizers to desserts (believe it or not!) and every season, from hearty winter comfort foods to light and chilled summer refreshers. Nearly 500 pages in length and packed with full-color photographs and hundreds of inventive recipes, The Ultimate Soups and Stews Book is a great deal at an unbeatable price. Includes 400 recipes covering every meal, every season, and virtually any occasion 250 full-color photos will keep you inspired when it's time to fire up the stewpot Features more than 100 recipes that are perfect for fuss-free preparation in your slow cooker Packed with tips and helpful pointers, including information on ingredients, how to make your own stock, and much more Whether you're full-time soup lover or just love a meal that's simple and easy to prepare, this is the ultimate soup cookbook for you.

cumin powder nutrition facts: The Okinawa Diet Plan Bradley J. Willcox, D. Craig Willcox, Makoto Suzuki, 2005-04-26 In their New York Times bestseller The Okinawa Program, Drs. Bradley and Craig Willcox and Makoto Suzuki explained why the Okinawans are the longest-lived people on earth. Now, they offer a practical diet program rooted in Okinawan traditions so that you too can have a leaner, more “metabolically efficient” body that will stay healthier and more youthful. Conveniently divided into three dietary tracks—western, eastern, and a fusion plan that combines

both—their program will help you achieve healthy weight loss without deprivation. With more than 150 recipes, an eight-week phase-in plan, and other unique resources, The Okinawa Diet Plan is an easy-to-follow breakthrough concept in healthy weight loss.

cumin powder nutrition facts: Your Toddler's Nutrition and Recipe Guide Priyamvadha Chandramouli, 2023-02-27 This book, an extension to its previous edition, aims to simplify the juggles of every mother to a growing child. Now that your child is a year or a little over, it's time to wean from the feeding bottles gradually and completely and introduce them to the world of some super healthy and yumilicious platters that will last for their lifetime. Find the tips and strategies inside to achieve this herculean task in a snap! These 50 nutrient-dense recipes manifest a mother struggling with a fussy eater or worried about her pre-schooler's snack or the day-care nutrition needs. A collection in the year-by-year format offers a clear understanding of the ideal food groups, must-eat nutrients, and diet charts for every age and stage for 2-6 years, be it undernourished or for weight gain. Also, she has gone the extra mile to provide feeding tips- not-to-be-missed to meet & monitor calorie intake, and doubles up to be a travel guide, and deals with the odds of water/milk consumption- a big challenge, sometimes! A mother to 2 (10 & 4yo)- Priyamvadha, could not just hold back after the success of the release of her first edition on the weaning guide, also she brings to you her time-tested practices from her own kitchen again here. This easy-to-follow manual hits the child's physical, emotional, and cognitive milestones and boosts their immune health while keeping them ask for more!!

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spilling into other areas of my life—work, home. I feel like I can do almost anything now! —Melody Rubie, who lost 5 pounds in 2 weeks Armed with this cookbook, you'll be able to sharpen your 400 Calorie Lens, with easy visual cues and shortcuts to spot calories in the kitchen and grocery store, create customized 400-calorie meals, and jump-start a healthy-eating lifestyle! So what're you waiting for?

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Healthy, safe and sustainable diets are important for both human and planetary health, and sports events ought to be an ideal setting to model and promote healthy eating as part of a healthy lifestyle. Yet, even with the best of intentions, foods and beverages high in fats, sugars or salt are typically abundant in and around stadia during large and small sports events, often consumed in excess by fans on match days, and are also frequently associated with sports-related marketing and sponsorships. The foods and beverages consumed at sports events contribute little to an individual's overall diet, but the total number of meals, snacks and beverages sold can be substantial. Providing a variety of healthy, delicious and easy-to-consume food while providing fewer options and smaller portions of unhealthy options within these environments can contribute to health, wellness and the prevention of diet-related noncommunicable disease. Likewise, the high visibility of sports mega-events, in particular, offers valuable opportunities for potentially larger impact reaching billions of fans worldwide, creating positive perceptions of healthier foods and beverages at the stadia and beyond. This document - intended for use by sports events organizers - proposes five actions to achieve healthier food and healthier food environments, and suggests related activities that can happen during the planning, operational and post-event phases of sports events. It may also be used by governments, local authorities and sports stadium managers to create a healthy public food procurement and service policy for sport settings more generally.

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make holidays easier and more fun Bonus Chapter No. 2: Shortcut Treats Simple cookies and candies (using a mix or just a few ingredients stirred together) Food gifts that include easy packaging ideas How to organize a cookie exchange Simple decorating ideas to dress up packaged cookies

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feeling) worse off than before. This is a scientifically constructed, yet easy to follow eating protocol designed for both short and long term fat loss and muscle gain. In fact, studies in the Journal of Sports Science Nutrition showed that people using this protocol lost more weight over a 12 week period, than those eating a normal diet. Watch the fat melt off your body...while powering through your workouts...without the strength loss you usually find when dieting. It's great for stubborn fat loss (think love handles and upper thigh fat) as well. In this fitness and recipe guide you will discover: The #1 problem skinnyfat people have with weight loss - and how to overcome it Why you SHOULDN'T try to lose fat as fast as possible 3 "hidden" benefits of carb cycling you didn't know about How to get all the benefits of a keto diet without restricting your carb intake 2 vital questions you must ask yourself regarding your fitness goals before you embark on a diet program Delicious carb cycling friendly recipes including snacks and desserts Why too much cardio is actually hurting your weight loss goals What the bodybuilding industry doesn't want you to know about traditional "bodybuilding diets" Optimized carb cycling workout routines The only mindset change you need for consistent weight loss Exactly how many calories you need to be eating (take out the guesswork) What you must be aware of when it comes to the time of day you work out, and how it affects your fat loss goals Why you shouldn't rely on extreme fad diets (even those talked about on the world's largest fitness websites) and what to rely on instead Stubborn fat loss (like love handles) made easy using one simple change in your eating habits...and much, much more! Including recipes for both high carb and low carb days This isn't a "miracle cure" by any means, and the first week or two might be a little rough as your body adapts and you fight off the initial hunger pangs. However, as long as you stick with and follow the diet plan there is absolutely ZERO reason you won't burn fat faster than anything else you've tried before. You'll also be amazed at every other aspect of what will come from it including your mental clarity. So if you're ready to look the best you've ever looked, and build a body which you can be proud of (not mention all those compliments you'll be getting)...Scroll up and click "add to cart" now

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