



MONARCH

Spice

CUMIN GROUND PLASTIC SHAKER SHELF STABLE SEASONING

760629

CMA

16 OZ

\$8.94 / EA

Product Description

Manufacturer: MONARCH, Mfr. Product # 207822

Additional Description

GROUND, DRIED FRUIT OF THE CUMINUM CYMINUM PLANT. EARTHY, HOT AND TANGY FLAVOR AND PALE GREEN TO TAN COLOR. SIMILAR IN APPEARANCE TO CARAWAY SEED BEFORE GRINDING. USE HAS INCREASED DRAMATICALLY DUE TO GROWING POPULARITY FOR MEXICAN, INDIAN AND NORTH AFRICAN FOODS. KOSHER UNION ORTHODOX.

Ingredients

Cumin

Product Information

Class: 22 - GROCERY, DRY

Category: 177 - SALT, SPICES & ADDITIVES, BULK

Group: 3340 - SPICES

Preparation & Cooking

Preparations and Cooking Instructions

Best when used during the cooking process. Start with 1/8th tsp. per serving and adjust from there. Unless a strong cumin flavor is desired, use sparingly as this spice is potent and will dominate other flavors.

Handling Instructions

Store in a cool, dark, dry place. Shelf life 2 years.

Serving Suggestions:

Ground Cumin is an essential ingredient in Mexican and Indian cooking. Use it in rice and curry dishes, chili, nachos, meatballs, guacamole, eggs and omelets, pork, lamb, chicken couscous, barbecue sauces and vegetables. For a unique flavor, try in breads and sweet baked goods.

All product information contained herein is subject to change, including pricing, promotions and nutritional. For current information at the time of purchase, please contact your sales associate.



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Shipping Information:

Physical Attributes					
Gross Weight:	1.21 LB	Height:	8.188 IN	Length:	3.813 IN
Net Weight:	1 LB	Width:	2.771 IN	Cube:	.3 CF
Catch Weight:	NO				

Storage Information	
Min. Temperature:	33 FA
Max. Temperature:	90 FA

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Nutritional Facts			
Serving Size g (.7g)			
Servings Per Container			
Amount Per Serving			
Calories 0	Calories from Fat 0		
	% Daily Value *		
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 0mg	0%		
Total Carbohydrate 0g	0%		
Dietary Fiber 0g	0%		
Sugars 0g			
Protein 0g			
Vitamin A	0%		
Vitamin C	0%		
Calcium	0%		
Iron	2%		
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375mg
Dietary Fiber		25g	30mg
Supplemental Facts			
	% Daily Value *		
Polyunsaturated Fat 0 g			
Monosaturated Fat 0 g			
Potassium 0 mg	0%		
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			

Allergens				
ALLERGEN	DOES NOT CONTAIN	CONTAIN	MAY CONTAIN	NO DATA
Crustacean	●			
Eggs	●			
Fish	●			
Gluten	●			
Lactose				●
Milk	●			
Mustard				●
Peanuts	●			
Soy	●			
Tree nuts	●			
Wheat	●			

Marketing Claims
• This product is kosher

Nutritional Disclaimer
The nutritional and ingredient information provided is based on data US Foods, Inc. receives from manufacturers and may include information derived from third-party sources such as the United States Department of Agriculture. The information provided is representative and, as a result, there may be some slight differences between the information posted and the information on the product label with respect to ingredients and/or nutritional values. The most accurate and up to date source for product information is on the product label. US Foods, Inc. neither assumes any legal liability nor makes any warranty or guaranty, either express or implied, regarding the completeness, accuracy or usefulness of this information. Product images are provided for reference only and may not reflect current packaging.