

NUTRITION INFORMATION FOR TASTE OF AFRICA DISHES

Dish	Ingredients	Calories	Carbs	Fat	Protein
JOLLOF RICE	Rice Tomatoes Onions Red Peppers Fresh ginger Fresh garlic Thyme Black Pepper Smoked Paprika Vegetable oil	280	34g	3g	13g
FRIED CHICKEN (gluten free)	Chicken Paprika, Onion Powder, Garlic Powder, Black pepper, ginger powder, crushed red pepper Vegetable Oil	150	0g	8g	19g
CUCUMBER TOMATO SALAD	Cucumbers Tomatoes Onions Salt Parsley Vegetable oil Oil	90	5g	8g	2g
VEGETABLE PILAU RICE	Rice Cumin powder Cardamon Powder Clove Powder Black Pepper Ginger garlic paste Mixed Vegetables Vegetable Oil	204	33g	1.6	4g
PERI-PERI CHICKEN SKEWERS (gluten free)	Chicken Seasoning (Paprika, Onion Powder, Garlic Powder, Black pepper, ginger powder, crushed red pepper) Vegetable Oil	150	0g	8g	19g
KACHUMBARI SALAD	Shredded cabbage, carrots, onions, tomatoes, lemon juice and vinegar	80	4g	0g	1.7g
YELLOW VEGETABLE RICE	Basmati Rice Turmeric powder Mixed vegetables Onions Vegetable Oil	204	33g	1.6g	4g

CHICKEN STEW	Chicken Onions, tomatoes, ginger garlic paste, cumin, cardamon powder, curry powder, paprika, tomatoes Vegetable Oil	161	9g	2.7g	16g
SAUTEED CABBAGE	Green cabbage, onions, tomatoes, curry powder Vegetable Oil	80	9g	4.9	2g
BEEF SAMOSAS	Pastry sheets, beef, onions, fresh ginger garlic paste, seasoning, cilantro Vegetable Oil	210	20g	11g	7.4g
CHICKEN WINGS (gluten free)	Chicken wings, Paprika, Onion Powder, Garlic Powder, Black pepper, ginger powder, crushed red pepper Vegetable Oil	81	0g	5.4g	7.5g
LENTIL STEW	Lentils, onions, tomatoes, fresh ginger garlic paste, tomatoes, seasoning Vegetable Oil	120	22g	0.5g	8.1g
CHICK PEA CURRY	Chick peas, onions, tomatoes, fresh ginger garlic paste, tomatoes, seasoning Vegetable Oil	200	15g	15g	9.7g
VEGETABLE SAMOSAS	Pastry sheets, Mixed vegetables, onions, fresh ginger garlic paste, seasoning, cilantro Vegetable Oil	261	12g	17g	3.5g