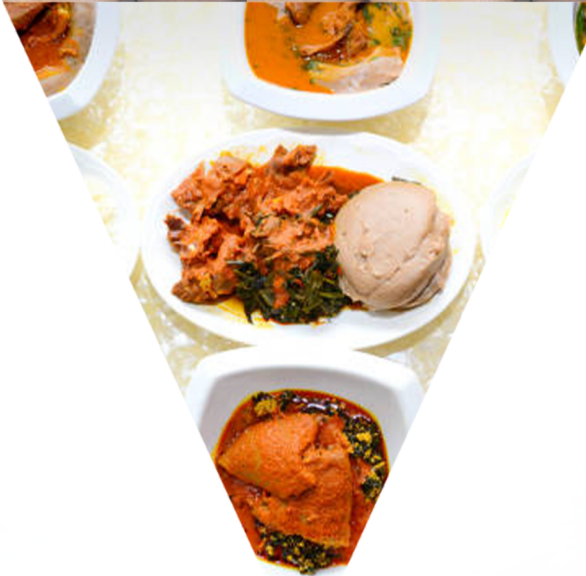




TRADITIONAL OR LOW CARB SWALLOW



**This
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- ✓ Traditional Swallows
- ✓ Resealable packaging
- ✓ Low-carb alternative

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NIGERIAN SWALLOWS ARE ESSENTIAL SIDE DISHES THAT ARE CRUCIAL TO THE COUNTRY'S CULINARY TRADITION. THESE STARCHY, HAND-MOULDED DOUGHS ARE TYPICALLY SERVED WITH SOUPS AND STEWS, ALLOWING DINERS TO SCOOP UP AND SAVOUR NIGERIAN CUISINE'S RICH, DELICIOUS FLAVOURS.

Nutritional Information

| | Serving size | Calories per serving | Total fat (g) | Saturated fat (g) | Trans fat (g) | Cholesterol | Sodium (mg) | Total Carbohydrates | Fiber (g) | Sugars (g) | Protein (g) | Vitamin D - %DV* | Calcium - %DV* | Iron - %DV* | Potassium - %DV* |
|---------------------------------------|--------------|----------------------|---------------|-------------------|---------------|-------------|-------------|---------------------|-----------|------------|-------------|------------------|----------------|-------------|------------------|
| Instant Iyan Poundo | 2 | 535 | 0.5 | 0.2 | 0 | 0 | 42.3 | 126.4 | 18.7 | 2.3 | 7 | - | 9 | 12 | - |
| Yam Flour | 7.4 | 940 | 12 | 3 | - | 0 | 100 | 101 | 8 | 2 | 8 | 0 | 50 | 8 | 16 |
| Garri White | 7.4 | 436 | 0.4 | 0.1 | 0 | 0 | 67 | 101 | 7.2 | 4.3 | 8.4 | - | 7.7 | 6.1 | 9.4 |
| Garri Yellow | 7.4 | 436 | 0.4 | 0.1 | 0 | 0 | 67 | 101 | 7.2 | 4.3 | 8.4 | - | 7.7 | 6.1 | 9.4 |
| Fufu Powder (Fermented Cassava Flour) | 4.5 | 160 | 0.3 | 0.1 | 0 | 0 | 14 | 38.1 | 1.8 | 1.7 | 1.4 | 0 | 1 | 2 | 6 |
| Sweet Potato flour | 57 | 73.3 | 0 | 0 | 0 | 0 | 46.7 | 16.7 | 1.3 | 2.7 | 1.3 | 0 | 3 | 29 | 9 |
| Unripe Green Plantain Flour | 14 | 160 | 0 | 0 | 0 | 0 | 0 | 30 | 3 | 0 | 9 | 0 | 0 | 0 | 0 |
| Breadfruit Flour | 4.5 | 330 | 0.2 | 0 | 0 | 0 | 0 | 85 | 11 | 12 | 4 | 0 | 2 | 4 | 10 |
| Eggplant Flour | 4.5 | 280 | 0 | 0 | 0 | 0 | 0 | 61 | 32 | 31 | 14 | 0 | 10 | 25 | 35 |
| Tigernut Flour | 15 | 150 | 7 | 2 | 0 | 0 | 0 | 19 | 10 | 6 | 2 | - | 1.5 | 10 | - |
| Cabbage Flour | 4.5 | 0.1 | 0 | 0 | 0 | 0 | 10 | 4 | 2 | 1 | 1 | 0 | 2 | 4 | 4 |
| Cassava Flour | 3 | 456 | 0.8 | 0.2 | 0 | 0 | 40 | 108 | 5.1 | 4.8 | 3.9 | 1 | 98 | 5 | 4 |
| Wateryam Flour | 4.5 | 118 | 0.2 | 0 | 0 | 0 | 9 | 27.9 | 4.1 | 0.5 | 1.5 | 0 | 1 | 3 | 17 |

Specifications

| | Pack Size | Case weight (Net) | Case weight (gross) | Case Dimensions L x W x H |
|---------------------------------------|-----------|-------------------|---------------------|---------------------------|
| Instant Iyan Poundo | 12/907g | 10.9kg | 11.4 kg | 18" x 12" x 8" |
| Yam Flour (Elubo) | 12/908g | 10.9kg | 11.4 kg | 18" x 12" x 8" |
| Garri White | 12/908g | 10.9kg | 11.4 kg | 18" x 12" x 8" |
| Garri Yellow | 12/908g | 10.9kg | 11.4 kg | 18" x 12" x 8" |
| Fufu Powder (Fermented Cassava Flour) | 12/454g | 5.5kg | 6.0kg | 14" x 10" x 8" |
| Sweet Potato flour | 12/454g | 5.5kg | 6.0kg | 14" x 10" x 8" |
| Unripe Green Plantain Flour | 12/454g | 5.5kg | 6.0kg | 14" x 10" x 8" |
| Breadfruit Flour | 12/454g | 5.5kg | 6.0kg | 14" x 10" x 8" |
| Eggplant Flour | 12/454g | 5.5kg | 6.0kg | 14" x 10" x 8" |
| Tigernut Flour | 12/454g | 5.5kg | 6.0kg | 14" x 10" x 8" |
| Cabbage Flour | 12/454g | 5.5kg | 6.0kg | 14" x 10" x 8" |
| Cassava Flour | 12/454g | 5.5kg | 6.0kg | 14" x 10" x 8" |
| Wateryam Flour | 12/453g | 5.4kg | 5.9kg | 14" x 10" x 8" |