|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Samples | Parameters | | | | | | |
| Moisture % | Ash % | Fibre % | Protein % | Lipid % | Carbohydrates % | Energy Kcal |
| 001 | 3.600 | 4.950 | 2.350 | 6.431 | 2.100 | 80.569 | 366.900 |
| 002 | 11.350 | 6.450 | 1.150 | 8.924 | 6.200 | 65.926 | 355.200 |
| 003 | 18.300 | 5.150 | 4.900 | 8.092 | 4.200 | 59.358 | 307.600 |
| 004 | 15.500 | 4.450 | 3.900 | 8.850 | 8.400 | 58.900 | 345.410 |
| 005 | 15.250 | 5.850 | 6.800 | 7.189 | 6.950 | 57.957 | 323.142 |
| 006 | 22.750 | 5.500 | 4.450 | 11.196 | 5.950 | 50.154 | 298.950 |
| 007 | 14.650 | 4.550 | 7.450 | 8.704 | 9.550 | 55.096 | 341.150 |
| 008 | 31.900 | 3.950 | 0.550 | 8.559 | 5.650 | 49.391 | 282.650 |
| 009 | 14.550 | 4.600 | 1.400 | 8.291 | 9.800 | 61.360 | 366.800 |

Table 1: Nutritional Composition of Raw Cooked Samples

Table 2: Nutritional Composition of Jallof Rice Short Combination

Table 3: Nutritional Composition of Jallof Rice Long Combination

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Samples | Parameters | | | | | | |
| Moisture % | Ash % | Fibre % | Protein | Lipid % | Carbohydrates % | Energy Kcal |
| 001 | 19.650 | 6.450 | 3.200 | 8.804 | 6.200 | 55.696 | 310.800 |
| 002 | 18.150 | 5.900 | 6.900 | 8.309 | 6.750 | 53.991 | 309.950 |
| 003 | 36.400 | 4.800 | 4.550 | 6.679 | 5.850 | 41.721 | 246.250 |
| 004 | 39.850 | 4.900 | 15.150 | 7.054 | 7.950 | 25.107 | 199.700 |
| 005 | 30.650 | 5.650 | 12.150 | 10.323 | 7.100 | 34.127 | 24.700 |
| 006 | 25.900 | 5.450 | 7.700 | 10.499 | 8.800 | 41.651 | 287.800 |
| 007 | 30.100 | 5.950 | 4.700 | 9.243 | 6.200 | 55.972 | 308.816 |
| 008 | 19.350 | 5.950 | 4.700 | 7.828 | 6.200 | 55.972 | 308.816 |
| 009 | 27.050 | 4.850 | 5.800 | 8.837 | 8.250 | 45.213 | 290.450 |

Table 4: Nutritional Composition of White Rice Short Combination

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Samples | Parameters | | | | | | |
| Moisture % | Ash % | Fibre % | Lipid % | Protein % | Carbohydrates % | Energy Kcal |
| 001 | 6.250 | 6.300 | 4.050 | 2.800 | 2.900 | 77.700 | 346.800 |
| 002 | 10.800 | 4.750 | 9.600 | 4.650 | 8.573 | 61.627 | 322.650 |
| 003 | 14.950 | 4.350 | 5.350 | 4.850 | 8.895 | 61.605 | 325.638 |
| 004 | 20.600 | 6.050 | 2.600 | 3.350 | 8.880 | 58.520 | 299.750 |
| 005 | 26.200 | 4.450 | 1.000 | 2.950 | 9.653 | 55.747 | 288.150 |
| 006 | 14.450 | 5.800 | 12.100 | 3.900 | 10.309 | 53.441 | 343.541 |
| 007 | 26.300 | 4.400 | 7.050 | 4.150 | 7.966 | 58.434 | 302.950 |
| 008 | 34.850 | 4.850 | 10.800 | 3.450 | 7.190 | 39.110 | 216.250 |
| 009 | 12.300 | 6.350 | 4.450 | 4.450 | 7.043 | 65.307 | 329.450 |

Table 5: Nutritional Composition of White Rice Long Combination

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Samples | Parameters | | | | | | |
| Moisture % | Ash % | Fibre | Lipid % | Protein % | Carbohydrates % | Energy kcal |
| 001 | 8.050 | 5.950 | 8.900 | 4.250 | 6.163 | 66.737 | 318.913 |
| 002 | 9.350 | 5.410 | 3.650 | 3.150 | 7.918 | 70.532 | 342.150 |
| 003 | 10.000 | 5.150 | 8.550 | 2.350 | 8.631 | 65.319 | 316.950 |
| 004 | 14.300 | 4.650 | 8.050 | 6.150 | 7.495 | 59.355 | 273.550 |
| 005 | 9.050 | 6.100 | 5.650 | 5.350 | 7.816 | 66.034 | 343.646 |
| 006 | 10.750 | 4.300 | 7.350 | 7.080 | 10.323 | 60.227 | 345.646 |
| 007 | 13.050 | 5.800 | 8.550 | 7.900 | 9.231 | 55.469 | 329.900 |
| 008 | 15.050 | 4.550 | 13.400 | 5.800 | 5.544 | 55.655 | 296.966 |
| 009 | 13.250 | 4.050 | 10.550 | 4.800 | 6.825 | 60.498 | 312.992 |

Table 1: Nutritional Composition of Raw Cooked Sample

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Sample |  | Parameters | | | | | | |
|  | Moisture % | Ash % | Fibre % | Protein % | Lipid % | Carbohydrates % | Energy Kcal |
| 001 | Jollof FARO 59 | 27.850 | 4.900 | 10.800 | 4.491 | 7.900 | 48.550 | 259.564 |
| 002 | Jollof NERICA 1 | 17.250 | 4.950 | 6.200 | 6.314 | 6.750 | 58.536 | 320.150 |
| 003 | White FARO 59 | 18.500 | 5.300 | 6.350 | 6.715 | 1.150 | 61.985 | 285.150 |
| 004 | White NERICA | 24.000 | 4.550 | 3.000 | 6.343 | 1.550 | 39.443 | 197.094 |
| 005 | Fried FARO 59 | 26.950 | 6.250 | 4.506 | 6.300 | 6.300 | 50.194 | 275.500 |
| 006 | Fried NERICA 1 | 27.800 | 5.450 | 4.400 | 7.158 | 7.100 | 48.092 | 268.600 |
| 007 | Irish Potatoe | 19.200 | 4.750 | 4.550 | 8.330 | 8.050 | 55.120 | 326.250 |
| 008 | PBR | 15.950 | 15.650 | 3.350 | 9.273 | 1.200 | 54.575 | 266.200 |
| 009 | J&F mixed | 19.050 | 6.150 | 3.450 | 7.262 | 9.450 | 54.663 | 332.098 |
| 010 | Fried Plantain | 14.900 | 5.850 | 2.100 | 4.500 | 5.050 | 67.600 | 333.850 |
| 011 | Yam | 22.900 | 4.450 | 4.950 | 4.036 | 1.050 | 62.614 | 276.050 |
| 012 | Chicken | 24.100 | 6.200 | 3.950 | 10.951 | 9.750 | 55.301 | 352.754 |
| 013 | Beef | 20.450 | 4.800 | 3.800 | 8.380 | 0.950 | 61.620 | 288.550 |
| 014 | IT07K-318-33 | 26.950 | 5.150 | 4.450 | 7.998 | 1.300 | 54.152 | 314.450 |