

yes, the quantity of aprapransa is 100 grams



To determine if eating 100 grams of Aprapransa will make a user exceed their recommended daily intake for sickle cell disease, we need to focus on the key nutrients and compounds present in Aprapransa.

Per 100g of Aprapransa:

• Energy: 600kJ

• Protein: 12.5g

• Fat: 5.7g

• Carbohydrates: 25.5g

• Sugars: 3.2g

Given that Aprapransa is a traditional dish rich in essential nutrients, it provides a good amount of protein which is important for individuals with sickle cell disease. However, we need to pay