

 ghanaian**Waakye**

Ghanaian, 679 g

Calories: 390 • Carbs: 83.4g • Fat: 1.1g • Protein: 11.2g

**390****Shitto**

Ghanaian, 0.125 cup

Calories: 85 • Carbs: 18g • Fat: 18g • Protein: 3g

**85****Ghanaian Light Soup**

Ghanaian Light Soup, 120 ml

Calories: 200 • Carbs: 0g • Fat: 0g • Protein: 0g

**200****Tom brown**

Ghanaian, 100 g

Calories: 298 • Carbs: 27.5g • Fat: 15g • Protein: 13g

**298****Ghanaian Shito**

Liebe, 100 gram

Calories: 606 • Carbs: 7.1g • Fat: 61.1g • Protein: 6.9g

**606****Ghanaian - Bofrot**

Generic, 1 piece

Calories: 209 • Carbs: 43.2g • Fat: 1.6g • Protein: 6g

**209****Rice Ball**

Ghanaian, 1 (164g)

Calories: 257 • Carbs: 54g • Fat: 2g • Protein: 5.5g

**257****Ghanaian Cocoa**

Delica, 40 g

Calories: 180 • Carbs: 29.9g • Fat: 6g • Protein: 1.8g

**180**

Ghanaian Shito

Sauce, 1 table spoon

Calories: 190 • Carbs: 0g • Fat: 14g • Protein: 0g

190

Ghanaian Delicacy

Fufu, 0.5 Cup Cooked

Calories: 210 • Carbs: 47g • Fat: 0g • Protein: 6g

210

Recipes & Inspiration



15 Make-Ahead Breakfasts Under 300 Calories

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