

a tribute to all the cultures of the world...
... a FIG tribute to

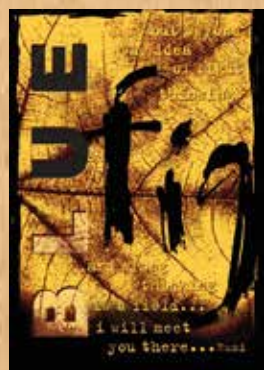
TUNISIA

"No one can stand up against the authority of truth, and the evil of falsehood is to be fought with enlightening speculation"

Ibn Khaldun



Ibn Khaldun



AUGUST 2021

BLUE FIG

A culture within all cultures

THE BEST NORTH AFRICAN DESTINATION

When most people think of the ideal North African holiday to explore a vibrant culture and deeply rooted history, just along the Mediterranean coast beside its neighbor Libya, rises the title of 'best North African destination: Tunisia!

Tunisian cuisine is a diverse blend of flavors representative of the country's past and central location in Northern Africa. While the cuisine varies across regions, Tunisian food usually combines French and African flavors with a spicy kick. Rooted by the country's staple food, Tunisian dishes often feature fresh seafood or hearty lamb depending on local availability.

A melting pot of cultures, Tunisia doesn't just feature local food. Rather, foodies can savor all types of international cuisine in the country's larger cities.

Tunisia is most famous for its couscous based dishes, as the grain is a common staple in the country. Tunisian couscous dishes come in many forms, whether accompanied by meats, vegetables, or potatoes and is often served with harissa, a popular local spicy paste.

However, there are several other fantastic typical Tunisian dishes you can try when in the country, including Shakshuka, a stew like dish prepared with tomatoes, onions, garlic, green peppers, and topped with poached eggs, and Lablabi, a chickpea based soup.

Tunisian desserts also impress the fried almond bates and date filled pastries are the perfect way to finish a meal and the country is also well known for its exceptionally fresh seafood dishes.



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Healthy Breakfast
Boiled Eggs



Nutrition Facts
Serving Size (301g)
Servings Per Container

Amount Per Serving

Calories 380 Calories from Fat 150

% Daily Value*

Total Fat 16g 25%

Saturated Fat 7g 35%

Trans Fat 0g

Cholesterol 400mg 133%

Sodium 300mg 13%

Total Carbohydrate 36g 12%

Dietary Fiber 1g 4%

Sugars 13g

Protein 22g

Vitamin A 15% • Vitamin C 4%

Calcium 30% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Healthy Lunch/Dinner
Roasted White Fish
Female Portion



Nutrition Facts
Serving Size (255g)
Servings Per Container

Amount Per Serving

Calories 280 Calories from Fat 60

% Daily Value*

Total Fat 6g 9%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 50mg 17%

Sodium 120mg 5%

Total Carbohydrate 33g 11%

Dietary Fiber 5g 20%

Sugars 5g

Protein 22g

Vitamin A 100% • Vitamin C 120%

Calcium 2% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Mexican Salad
Male Portion



Nutrition Facts
Serving Size (250g)
Servings Per Container

Amount Per Serving

Calories 240 Calories from Fat 180

% Daily Value*

Total Fat 20g 31%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 570mg 24%

Total Carbohydrate 9g 3%

Dietary Fiber 2g 8%

Sugars 4g

Protein 2g

Vitamin A 40% • Vitamin C 150%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Jerash Salad
Male Portion



Nutrition Facts
Serving Size (250g)
Servings Per Container

Amount Per Serving

Calories 250 Calories from Fat 180

% Daily Value*

Total Fat 20g 31%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 610mg 25%

Total Carbohydrate 10g 3%

Dietary Fiber 3g 12%

Sugars 5g

Protein 3g

Vitamin A 130% • Vitamin C 40%

Calcium 6% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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