



Oil Down Breadfruit



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made with ground meat, breadfruit, coconut milk, herbs, spices

Nutrition Facts	
Serving Size 1 cup	
Servings per container	
Amount Per Serving	
Calories 509	Calories from Fat 382
% Daily Value*	
Total Fat 45 g	69%
Saturated Fat 35g	176%
Trans Fat 1 g	
Polyunsaturated Fat 1 g	
Monounsaturated Fat 5 g	
Cholesterol 22 mg	7%
Sodium 627 mg	26%
Potassium 842 mg	24%
Total Carbohydrate 26 g	9%
Dietary Fiber 4 g	17%
Sugars 8 g	
Protein 9 g	
Vitamin A 3%	Vitamin C 63%
Calcium 6%	Iron 39%
* Percent Daily Values are based on a 2,000 calorie diet.	

Foods can be prepared in different ways.

We can not guarantee complete accuracy of label /ingredients listed.

Nutrient Facts: <http://www.uncommoncaribbean.com/2010/07/26/taste-of-the-caribbean-oil-down-grenadas-national-dish/>

Photo: <http://www.theprofessionalhobo.com/2011/12/introduction-to-grenada/>

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