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Eba vs pounded yam

Pounded yam claims superiority over other swallows in Nigeria, stating he's the priced meal everyone loves and is often reserved for special occasions. However, Eba responds by saying he's always present in homes and can be made quickly, making him indispensable. The conversation takes a turn as Semo, who feels insecure due to his association with sands and grains, tries to justify his existence. Meanwhile, the topic shifts to discussing Nigerian swallows, highlighting their starchy ingredients and varied health benefits. Nigeria's Favorite Swallow Options: A Nutritional Analysis In Nigeria, various swallows are popular due to their nutritional value. Eba stands out as one of the most common and nutritious options, while Akpu slightly edges it in terms of nutrition. Other notable mentions include pounded yam swallow, which is rich in vitamins and nutrients, plantain swallow, packed with potassium, wheat swallow from wheat flour, and amala, full of protein. Oatmeal swallow takes the top spot due to its abundance of important vitamins, minerals, and antioxidants. When it comes to calories, most Nigerian swallows are high in energy. However, oatmeal swallow stands out as the best option for those seeking weight loss. With only 280 calories per cup, it also boasts a rich source of soluble fibre, helping to keep individuals fuller for longer and reducing portion sizes. Nigerian swallow foods include Iyan, Fufu, Eba, and Amala. These dishes are fun to prepare but can be labor-intensive. Iyan is a popular option made from boiled yam cubes pounded into dough or blended with Poundo, then shaped into small balls for easy swallowing. It pairs well with various soups like Bitter leaf or Okra. Cassava Fufu is another swallow food prepared by boiling and pounding tubers. It's often eaten with fingers, rolled into balls, and dipped in soup or stew. Eba is made from processed cassava, boiled, and mashed to create a yellow or white dish rich in carbohydrates. Amala can be made from plantains, yams, or cassava, often paired with spicy stews like Bitter leaf soup. For those living with diabetes, different swallows have varying effects. Some options include red millet swallow, wheat, oats, and vegetable flour-based swallows. Unripe plantain-based swallows and amala can be particularly beneficial due to their nutrient content and low glycemic index. Given the context of Nigerian cuisine, various starchy foods are cooked to a dense paste and eaten with soups. These dishes are called "swallows" due to the method of eating them, where one takes a morsel of paste, dips it in soup, and swallows it. Swallow is also known as okele (Yoruba), ilo ihe (Igbo), or bolus (from Latin, referring to a ball-shaped mass of food ready to be swallowed). Below are the nutrition facts for some popular Nigerian swallows: 1. **Eba**: Made from dried and grated cassava (garri), it's very rich in carbohydrates, with 92.9g per 100g and 358 calories. Eba is low in vitamins, minerals, and protein but high in carbs. 2. **Amala**: Prepared from yam skins or fermented cassava flour, amala can be white or turn brown depending on the method of preparation. It's healthier when made from yam flour, containing fewer calories and more protein per 100g than cassava flour. 3. **Pounded Yam (Iyan)**: Boiled white yam that has been pounded into a homogenous and semi-stretchy dough. Rich in carbohydrates, it contains 356.25 calories, 80g carbs, 0.8g fat, and 7g proteins per 100g. These swallows are typically eaten with various soups like okra soup, egusi (melon soup), ofe onugbu (bitter leaf soup), Ewedu (Jute leaf soup), Gbegiri (beans soup), or Ogbono/Apon (African wild mango soup). Yam Flour Ingredients: yam tuber, water i. Peel the yam, dice it into small pieces, boil until tender ii. Pound the yam in a large mortar or pot with a pestle until lumps disappear iii. Add hot water to form a consistent paste iv. Serve with desired soup Ingredients for Yam Flour Swallow: 1 cup water, 1/3 cup pounded yam flour i. Boil 1 cup water ii. Mix 1/3 cup pounded yam flour into the boiling water until smooth iii. Cook for 5-10 minutes, mixing continuously iv. Serve with preferred soup Semovita Ingredients: 1 cup semovita flour, 1 and 2/3 cups of water i. Boil 1/3 cup of water ii. Mix 1 cup semovita flour into the boiling water while stirring iii. Cook for 5 minutes, then add remaining hot water iv. Cover, cook for another minute, mix thoroughly v. Serve with preferred soup Semolina Ingredients: 1 cup semolina flour, 1 and 2/3 cups of water i. Boil 1/3 cup of water ii. Gradually add 1 cup semolina flour while stirring iii. Cook for 5 minutes, then add remaining hot water iv. Cover, cook for another minute, mix thoroughly v. Serve with preferred soup Wheatmeal Ingredients: 2 cups water, 2.5 cups wheat meal i. Boil 1 cup of water ii. Add 1 cup wheat meal to the pot and stir until smooth iii. Add remaining hot water iv. Cook on low heat for 10 minutes, mixing occasionally v. Serve with preferred soup Here's a list of popular Nigerian swallows, including their calorie count per 100g serving: * Wheat meal till it is firm and consistent v. Serve hot with soup of your choice (approx. 400-500 calories) * Tuwo Shinkafa: A thick rice pudding made from short-grain rice or rice flour (approx. 366 calories, 80.127g carbohydrate) * Oatmeal Fufu: Made by cooking blended whole grain oats in water till it forms a paste (approx. 150-200 calories, 3.98g of fibre per cup) * Plantain Amala: Prepared by blending and cooking unripe plantains until the soft dough forms (approx. 250-300 calories) If you're trying to lose weight, consider choosing swallows that are low in calories and high in fiber. Oatmeal Fufu is a good option, as it helps lower cholesterol levels and stabilize blood sugar. For those with high blood sugar and cholesterol levels, oatmeal fufu can be a great substitute for traditional meals. It's also important to note that some swallows may have higher calorie counts than others, so it's essential to choose wisely when trying to maintain a healthy diet while still enjoying traditional meals. Over to you: What's your favorite swallow and soup? Share in the comment box below! The article compares various Nigerian swallows' suitability for weight loss based on calorie content and nutrient levels. The swallows examined are Cup, EBA (Garri), Tuwo Masara, Fufu/Akpu, Tuwo Shinkafa, Pounded Yam, Dawa, Starch, Oatmeal swallow, and others. Here's a paraphrased version of the article: 1. **Cup**: 600 calories - Not good for weight loss due to high calorie content. 2. **EBA (Garri)**: 160 calories/100g or 330 calories/Cup - Might be considered for those looking to lose weight compared to others but still has a relatively high calorie count. 3. **Tuwo Masara**: 360 calories/Cup - Not ideal for weight loss due to its high calorie content. 4. **Fufu/Akpu**: 330 calories/Cup - Though lower than EBA's, it is still not suitable for weight loss. 5. **Tuwo Shinkafa (Rice)**: 216 calories/Cup - Suitable for weight loss with a relatively low calorie count. 6. **Pounded Yam**: High in calories and not good for weight loss due to its high calorie content. 7. **Dawa**: 378 calories - Not the best choice for weight loss due to its calorie content. 8. **Starch**: 298 calories/Cup - While having some nutritional benefits, it is relatively high in calories and not ideal for weight loss. 9. **Oatmeal Swallow (Oatmeal Fufu)**: 150 calories - A good option for weight loss due to its low calorie and high fiber content. The article concludes that most Nigerian swallows are not suitable for weight loss, primarily because they contain too many calories and have low fiber levels. Only a few options like oatmeal swallow, guinea corn fufu, sweet potato swallow, cocoyam swallow, and plantain fufu have the right balance of low calories and high fibers. It recommends combining these swallows with regular exercise, eating plenty of fruits and vegetables for effective weight loss. Approximately, fufu contains the least calories among all swallows. A comparison of different swallows (eba, semo, amala, starch, and pounded yam) shows that wheat has the highest calorie count followed by garri and eba. Fufu, on the other hand, has a significantly lower energy value per 100g serving, making it a lighter option. Here's a breakdown of calories in different swallows: * Semo (100g): Energy: 322 Kcal * Wheat (100g): Energy: 360.8 Kcal * Garri (100g): Energy: 363.19 Kcal * Fufu (100g): Energy: 98.7 Kcal * Eba (100g): Energy: 363 Kcal Some commenters pointed out that garri has more calories than fufu despite being a product of fufu due to processing and preparatory methods. Others noted that wheat is higher in calories compared to amala and fufu. It's essential to consider the recommended serving portion, which is 300g, equivalent to one restaurant wrap. This can help individuals make informed decisions about their food choices based on their nutrient requirements.