



KWANZAA CARB COUNT

<i>Dish</i>	<i>Serving Size</i>	<i>Carb Count</i>
Black eyed Peas	1/2 Cup	20 g
Collard Greens	1 Cup	9.3 g
Okra	1 Cup	7.8 g
African Peanut Stew	1 Bowl (2 Cups)	42 g
Jollof Rice	1 Cup	58 g
Gumbo	1 Bowl (2 Cups)	11 g
Jerk Chicken	1 Piece	5.5 g
Sweet Potato Pie	1 Slice	50 g
Fried Plantains	1 Piece	11 g
Corn Bread	1 Piece	28 g
Mac & Cheese	1 Cup	39 g
Oxtail Stew	1 Bowl (2 Cups)	15 g
Clay Pot Chicken	1 cup	3.3 g
Candied Yams	1 cup	47 g
Shrimp and Grits	1 Bowl (2 Cups)	42 g
Malva Pudding	1 Piece	27 g
Carmel Cake	1 Piece	50 g
Coconut Cake	1 Piece	71 g