



Ozaki Leaf

100g

Nutritional facts for ozaki leaves

Per 100g of dry leaves, afang provides 44g of carbohydrates, 12.8g protein, 37.8g fibre, and 2.4g fat. They also provide 249mg calcium, 39mg magnesium, 121mg iron and 0.8mg of zinc.

The Okazi leaves are vegetable with various names across Africa: Eru, Okok in Cameroon, Ukase or Afang in Nigeria, M'fumbua, or Fumbua at the Democratic Republic of Congo, and KoKo in Angola, Gabon, Central African Republic. These leaves are used in many famous dishes, such as Eru, Okock, Afang soup, Egusi and Okazi/Ukazi Soup.

Ingredients:

100% Ozaki leaves

Storage

Store in a cool dry place



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