

**SOUP, CONDIMENTS AND THICKENER** *(Continued from meat, poultry and eggs section)*  
*(Please click on the page number to go directly to the table)*

<i>Hippocratea welwischtii</i> _____	8
obulungbede, Local onion (English) _____	8
<i>Myristica fragrans</i> _____	9
ehulu, ehuru _____	9
<i>Piper guineense</i> _____	10
uziza, Black pepper seed (English) _____	10
<i>Ricinus communis</i> _____	11
ogiri egusi, Castor oil seed (English) _____	11
<i>Xylopia aethiopica</i> _____	12
uda seed _____	12

## COMMUNITY FOOD SYSTEM DATA TABLE # 8

**Food category:** Soup condiments/ thickeners

**Scientific identification:**

*Hippocratea welwischtii*

**Local name & other common names:**

obulungbede, Local onion (English)

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	56.4
Energy, Kcal	135
Protein, g	3.8
Fat, g	0.6
Carbohydrate, g	28.5
Fiber g	0.6
Ash, g	3.6
Vitamin A, RE- $\mu$ g	-
Vitamin A, RAE- $\mu$ g	-
Retinol, $\mu$ g	-
$\beta$ carotene, $\mu$ g	-
Total carotene, $\mu$ g	-
Thiamine, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folic acid, $\mu$ g	-
Vitamin C, mg	-
Calcium, mg	130
Phosphorus, mg	334
Iron, mg	14.8
Zinc, mg	2.8

--- = not analyzed

**Type of procurement:**

**Home harvested or purchased:** Purchased

**Seasonality of use:** All year

**Cost of production, if known:**

**Importance value to the community by age/gender and other miscellaneous information:** Bark of root scrapped and used to flavor soup

**Source of nutrient data:** Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>	*	*	*	*	*	*	*	*	*	*	*	*

[Click here to return to the table of contents](#)

## COMMUNITY FOOD SYSTEM DATA TABLE # 9

**Food category:** Soup condiments/ thickeners

**Scientific identification:**

*Myristica fragrans*

**Local name & other common names:**

ehulu, ehuru

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	15.6
Energy, Kcal	321
Protein, g	3.8
Fat, g	0.2
Carbohydrate, g	76
Fiber g	7.6
Ash, g	3.1
Vitamin A, RE- $\mu$ g	36
Vitamin A, RAE- $\mu$ g	18
Retinol, $\mu$ g	-
$\beta$ carotene, $\mu$ g	215
Total carotene, $\mu$ g	-
Thiamine, mg	1.62
Riboflavin, mg	0.49
Niacin, mg	1.52
Folic acid, $\mu$ g	0
Vitamin C, mg	19.24
Calcium, mg	63.8
Phosphorus, mg	651
Iron, mg	15.7
Zinc, mg	3.3

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:** December - February

**Cost of production, if known:**

**Importance value to the community by age/gender and other miscellaneous information:** For flavoring soup and peanut

butter

**Source of nutrient data:** Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

--- = not analyzed

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>	*	*										*

[Click here to return to the table of contents](#)

## COMMUNITY FOOD SYSTEM DATA TABLE # 10

**Food category:** Soup condiments/ thickeners

**Scientific identification:**

*Piper guineense*

**Local name & other common names:**

uziza, Black pepper seed (English)

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	10.5
Energy, Kcal	324
Protein, g	3.4
Fat, g	0.2
Carbohydrate, g	77.1
Fiber g	0.2
Ash, g	4.6
Vitamin A, RE- $\mu$ g	39
Vitamin A, RAE- $\mu$ g	19.5
Retinol, $\mu$ g	-
$\beta$ carotene, $\mu$ g	232
Total carotene, $\mu$ g	-
Thiamine, mg	0.08
Riboflavin, mg	2.06
Niacin, mg	0.90
Folic acid, $\mu$ g	3
Vitamin C, mg	12.89
Calcium, mg	255
Phosphorus, mg	533
Iron, mg	5.7
Zinc, mg	3.7

**Type of procurement:**

**Home harvested or purchased:** Purchased

**Seasonality of use:** March - November

**Cost of production, if known:**

**Importance value to the community by**

**age/gender and other miscellaneous**

**information:** Hot spice for soup for lactating mothers

**Source of nutrient data:** Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

--- = not analyzed

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>			*	*	*	*	*	*	*	*	*	

[Click here to return to the table of contents](#)

## COMMUNITY FOOD SYSTEM DATA TABLE # 11

**Food category:** Soup condiments/ thickeners

**Scientific identification:**

*Ricinus communis*

**Local name & other common names:**

ogiri egusi, Castor oil seed (English)

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	37.9
Energy, Kcal	337
Protein, g	27.4
Fat, g	18.9
Carbohydrate, g	14.3
Fiber g	10.8
Ash, g	1.2
Vitamin A, RE- $\mu$ g	-
Vitamin A, RAE- $\mu$ g	-
Retinol, $\mu$ g	-
$\beta$ carotene, $\mu$ g	-
Total carotene, $\mu$ g	-
Thiamine, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folic acid, $\mu$ g	-
Vitamin C, mg	-
Calcium, mg	833
Phosphorus, mg	725
Iron, mg	24.6
Zinc, mg	6.8

**Type of procurement:**  
**Home harvested or purchased:**  
**Seasonality of use:** N/A  
**Cost of production, if known:**  
**Importance value to the community by age/gender and other miscellaneous information:** A fermented product used for traditional soup  
**Source of nutrient data:** Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

--- = not analyzed

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

[Click here to return to the table of contents](#)

## COMMUNITY FOOD SYSTEM DATA TABLE # 12

**Food category:** Soup condiments/ thickeners

**Scientific identification:**

*Xylopiya aethiopica*

**Local name & other common names:**

uda seed

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	42.7
Energy, Kcal	247
Protein, g	3.6
Fat, g	12.4
Carbohydrate, g	30.2
Fiber g	12.5
Ash, g	4.3
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Retinol, µg	-
β carotene, µg	-
Total carotene, µg	-
Thiamine, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	-
Phosphorus, mg	-
Iron, mg	-
Zinc, mg	-

**Type of procurement:**

**Home harvested or purchased:** Purchased

**Seasonality of use:** December - February

**Cost of production, if known:**

**Importance value to the community by age/gender and other miscellaneous information:**

Used as a hot spice for boiling meat. For lactating mothers to clear womb

**Source of nutrient data:** Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

--- = not analyzed

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>	*	*										*

[Click here to return to the table of contents](#)