

## KOFTA HACK – FULL NUTRITIONALS

	Original		Hack	
	per 100g	Per serving 528g	per 100g	Per serving 536g
<b>kJ</b>	726	2,764	484	2,301
<b>kcal</b>	173	660	115	547
<b>fat (g)</b>	9.6	36.6	3.0	14.0
<b>sat fat (g)</b>	4.3	16.4	0.5	2.4
<b>carbs (g)</b>	12.8	48.9	15.4	73.4
<b>sugars (g)</b>	2.8	10.8	2.3	11.1
<b>fibre (g)</b>	1.3	4.8	3.6	17.3
<b>protein (g)</b>	9.8	37.2	5.5	26.2
<b>salt (g)</b>	0.92	3.52	0.23	1.11
<b>Potassium mg</b>	104	394	179	852
<b>Calcium mg</b>	64	244	44	210
<b>Magnesium mg</b>	9	34	20	95
<b>Iron mg</b>	0.75	2.86	1.49	7.09
<b>Copper mg</b>	0.04	0.14	0.13	0.61
<b>Zinc mg</b>	0.20	0.76	0.60	2.86
<b>Selenium mcg</b>	0.40	1.50	12.10	57.40
<b>Iodine mcg</b>	1	4	2	11
<b>Vit D mcg</b>	0.00	0.00	0.24	1.12
<b>Vit E mg</b>	0.18	0.67	0.45	2.14
<b>Thiamin mg</b>	0.09	0.33	0.13	0.61
<b>Riboflavin mg</b>	0.02	0.08	0.12	0.56
<b>Niacin mg</b>	0.48	1.81	0.33	1.57
<b>Vit B6 mg</b>	0.03	0.10	0.13	0.60
<b>Vit B12 mcg</b>	0.00	0.00	0.10	0.40
<b>Total Folate mcg</b>	11	43	20	95
<b>Vit C mg</b>	4	15	4	20

### Source:

1. Forestfield Software Ltd. Diet Plan version 7.00.56: McCance & Widdowson's 7th summary editions of The Composition of Foods plus the revised Composition of Foods integrated data set (CoFids) forming the complete UK Nutrient Databank. Patent Diet Plan7. 2020.
2. Plant-based drinks and alternative to yogurts: <http://www.alpro.com>