

CHICKEN TIKKA MASALA HACK – FULL NUTRITIONALS

	Original		Hack	
	per 100g	Per serving 818g	per 100g	Per serving 807g
kJ	569	4,654	347	2,798
kcal	136	1,112	82	665
fat (g)	7.8	63.9	3.1	24.8
sat fat (g)	3.8	31.4	0.5	4.4
carbs (g)	11.4	92.9	7.5	60.2
sugars (g)	5.0	41.2	3.3	26.5
fibre (g)	1.1	9.1	2.3	18.4
protein (g)	6.0	49.0	6.5	52.5
salt (g)	0.09	0.73	0.16	1.25
Potassium mg	229	1,870	195	1,576
Calcium mg	58	478	63	504
Magnesium mg	16	131	16	130
Iron mg	0.65	5.30	0.82	6.62
Copper mg	0.07	0.60	0.06	0.49
Zinc mg	0.60	4.94	0.47	3.81
Selenium mcg	4.10	33.60	2.30	18.50
Iodine mcg	13	107	2	18
Vit D mcg	0.07	0.61	0.27	2.21
Vit E mg	0.70	5.73	1.22	9.81
Thiamin mg	0.11	0.93	0.10	0.77
Riboflavin mg	0.12	1.00	0.06	0.49
Niacin mg	1.36	11.11	1.41	11.34
Vit B6 mg	0.12	0.96	0.13	1.02
Vit B12 mcg	0.30	2.20	0.30	2.20
Total Folate mcg	12	96	14	114
Vit C mg	7	57	9	76

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>