

PORRIDGE HACK – FULL NUTRITIONALS

	Original		Berry bowl hack	
	per 100g	Per serving 211g	per 100g	Per serving 304g
kJ	555	1,170	432	1,313
kcal	131	276	102	311
fat (g)	3.1	6.6	3.4	10.4
sat fat (g)	1.3	2.7	0.5	1.5
carbs (g)	21.9	46.1	13.0	39.1
sugars (g)	8.5	17.9	3.4	10.4
fibre (g)	1.5	3.1	2.3	7.1
protein (g)	5.4	11.4	4.4	13.5
salt (g)	0.10	0.22	0.07	0.20
Potassium mg	219	461	107	324
Calcium mg	124	261	102	310
Magnesium mg	32	68	24	74
Iron mg	0.72	1.51	0.71	2.17
Copper mg	0.07	0.16	0.09	0.28
Zinc mg	0.82	1.73	0.43	1.32
Selenium mcg	1.50	3.20	0.40	1.30
Iodine mcg	29	60	0	0
Vit D mcg	0.00	0.00	0.53	1.61
Vit E mg	0.15	0.32	0.60	1.82
Thiamin mg	0.23	0.48	0.15	0.46
Riboflavin mg	0.24	0.50	0.18	0.55
Niacin mg	0.25	0.52	0.29	0.88
Vit B6 mg	0.12	0.26	0.06	0.19
Vit B12 mcg	0.90	1.80	0.30	0.80
Total Folate mcg	15	31	14	42
Vit C mg	2	4	13	41

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>