

BURGER HACK – FULL NUTRITIONALS

	Original		Hack	
	per 100g	Per serving 563g	per 100g	Per serving 588g
kJ	714	4,016	454	2,669
kcal	170	955	107	630
fat (g)	7.1	39.8	2.4	13.9
sat fat (g)	1.6	8.8	0.5	3.1
carbs (g)	19.4	109.1	16.8	98.8
sugars (g)	2.6	14.6	2.2	13.1
fibre (g)	2.2	12.2	2.8	16.4
protein (g)	7.8	43.7	5.4	32.0
salt (g)	0.38	2.16	0.27	1.59
Potassium mg	409	2,304	364	2,140
Calcium mg	45	254	34	199
Magnesium mg	32	179	27	159
Iron mg	1.13	6.35	1.24	7.26
Copper mg	0.12	0.66	0.12	0.69
Zinc mg	1.36	7.66	0.94	5.51
Selenium mcg	4.20	23.80	5.20	30.30
Iodine mcg	5	26	4	24
Vit D mcg	0.24	1.34	0.12	0.71
Vit E mg	0.63	3.52	0.24	1.41
Thiamin mg	0.11	0.64	0.16	0.93
Riboflavin mg	0.10	0.57	0.06	0.35
Niacin mg	1.55	8.69	1.66	9.74
Vit B6 mg	0.15	0.82	0.14	0.83
Vit B12 mcg	0.50	3.00	0.20	1.40
Total Folate mcg	23	128	30	176
Vit C mg	6	32	9	53

Source:

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.