

## SHEPHERD'S PIE HACK – FULL NUTRITIONALS

	Original		Hack	
	per 100g	Per serving 528g	per 100g	Per serving 536g
<b>kJ</b>	566	2,989	277	1,483
<b>kcal</b>	135	716	66	352
<b>fat (g)</b>	8.6	45.6	2.0	10.5
<b>sat fat (g)</b>	4.5	23.7	0.4	2.3
<b>carbs (g)</b>	10.1	53.6	8.1	43.2
<b>sugars (g)</b>	2.0	10.6	3.5	18.6
<b>fibre (g)</b>	1.4	7.4	3.2	17.1
<b>protein (g)</b>	5.2	27.2	3.7	20.0
<b>salt (g)</b>	0.35	1.86	0.13	0.68
<b>Potassium mg</b>	227	1,199	232	1,244
<b>Calcium mg</b>	13	67	34	182
<b>Magnesium mg</b>	11	60	21	115
<b>Iron mg</b>	0.26	1.39	0.84	4.50
<b>Copper mg</b>	0.05	0.24	0.08	0.45
<b>Zinc mg</b>	0.14	0.73	1.22	6.52
<b>Selenium mcg</b>	0.00	0.20	5.20	27.70
<b>Iodine mcg</b>	3	15	1	7
<b>Vit D mcg</b>	0.04	0.19	0.08	0.44
<b>Vit E mg</b>	0.45	2.38	1.25	6.69
<b>Thiamin mg</b>	0.14	0.72	0.11	0.57
<b>Riboflavin mg</b>	0.01	0.07	0.07	0.36
<b>Niacin mg</b>	0.34	1.79	0.42	2.23
<b>Vit B6 mg</b>	0.05	0.26	0.11	0.60
<b>Vit B12 mcg</b>	0.00	0.20	0.10	0.50
<b>Total Folate mcg</b>	11	58	31	166
<b>Vit C mg</b>	5	28	12	65

**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. Mycoprotein values from: Quorn Website for Health Professionals - What is mycoprotein - Micronutrient Profile <https://www.quornnutrition.com/importance-of-micronutrients>