Virtual Lab #1 Report – Low Protein/Low Sodium

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I. Recipe Modification

The goal for this recipe modification was to create a low-protein, low-sodium creamy baked macaroni and cheese. I modified two separate recipes in an attempt to achieve both low-protein and low-sodium. The first recipe I modified using vegan cheese resulted in 8.1 g of protein per serving but 977.69 mg of sodium, which is not a low-sodium modification. However, the second recipe I modified used a home-made vegan sauce made from cashews, lemon juice, water, nutritional yeast, paprika, garlic, turmeric and Dijon mustard. This second recipe modification using a homemade vegan sauce decreased the portion size to 125 g (the first modification I created yielded a serving size of 311 g – which is more consistent with the original recipe). However, the homemade vegan "cheese" increased protein to 13 g/serving yet sodium decreased to 16.2 mg/serving. If I chose this recipe, it would be a low-sodium modification but higher in protein.

Therefore, I thoroughly reflected on which recipe modification would be closest in texture, taste, palatability, convenience and consistency to the original recipe and ultimately chose the recipe modification that contained store-bought vegan cheese. Unfortunately, this means the recipe modification would satisfy low-protein but would not be low-sodium. It's important to note that the modified recipe is "lower-in-sodium than the original," as it contains 89 mg *less* than the original recipe. However, this modification is *not* low-sodium. Below is the recipe modification I used to create a low-protein, "lower-sodium-than-the-original" creamy baked macaroni and cheese. Nutrient analysis of the original and modified recipe was conducted via Cronometer and can be viewed in Appendix I and Appendix II at the end of this report.

Recipe Modification Template: <u>Low Protein/Lower-Sodium than the Original Creamy Mac & Cheese</u>

Yield = 8 servings (2488 g), Serving size = 311 g

(Similar preparation methods and cooking are used for both recipes)

ORIGINAL ingredients	**MODIFIED ingredients**	***NOTES***	***DIFFERENCE between versions in the entire recipe***
1 lb. dried elbow pasta	1 lb. dried elbow pasta	Maintains "pasta only" macaroni and cheese. Chose not to add cauliflower or broccoli as did not want much change in taste/texture.	No change
½ cup unsalted butter	No Change	Gives recipe savory flavor and creaminess.	No change
½ cup all purpose flour	No Change	Thickening agent for cheese sauce and gives sauce more body.	No change
1.5 cups whole milk	1.5 cups almond milk.	Replacing whole milk with unsweetened almond milk will decrease calories by 175 kcal, reduce protein by 10.5 g and reduces overall fat by 7.9 g. Sodium increases from 139.1 mg to 225 mg. Calcium increases by 209.8 mg and vitamin A increases by 109.4 µg.	12 g Protein → 1.5 g Protein 450.2 mg calcium → 660 mg calcium 11.7 g fat → 3.8 g fat 139.1 mg sodium → 225 mg sodium 115.6 µg → 225 µg vitamin A 220 kcal → 45 kcal

2.5 cups half and half	2.5 cups *Nutpods Almond + coconut Original Creamer*	Decreases calories by 393 kcal, decreases protein by 18.9 g, decreases sodium by 369.1 mg, fat decreases by 29.9 g, cholesterol by 43.9 mg and calcium decreases by 527.4 mg.	793 kcal → 400 kcal 18.9 g protein → 0 g protein 369.1mg sodium → 0 mg sodium 69.6 g fat → 40 g fat 647.4 mg calcium → 120 mg calcium 43.9 mg cholesterol → 0 mg cholesterol
4 cups shredded medium cheddar cheese	4 cups *Violife Just Like Cheddar Shreds Shredded Cheese*	Maintains cheddar color, cheddar-like taste, appearance and "feel" in macaroni recipe. Decreases protein by 96 g, increases sodium by 800 mg, decreases calcium 1920 mg, decreases fat by 32 g, decreases kcal by 320 kcal and decreases cholesterol by 480 mg.	96 g protein → 0 g protein 3200 mg sodium → 4000 mg sodium 3200 mg calcium → 1280 mg calcium 144 g fat → 112 g fat 1920 kcal → 1600 kcal 480 mg cholesterol → 0 mg cholesterol
2 cups shredded Gruyere cheese	1 cup *Violife Just Like Smoked Provolone* 1 cup *Violife Just Like Mozzarella*	Combining these two shredded vegan cheeses will mimic shredded gruyere cheese in appearance and color and will	64 g protein → 0 g protein 1280 mg sodium → 3583.4 mg sodium

	Shreds Shredded Cheese	provide contrasting flavors though may not provide a slightly nutty and sweet flavor. Decreases protein by 64, increases sodium by 2303.4 mg, increases fat by decreases calcium by 3120 mg and decreases cholesterol by 200 mg.	3120 mg calcium → 0 mg calcium 200 mg cholesterol → 0 mg cholesterol 72 g fat → 107.8 g fat
½ Tbsp salt	½ Tbsp Nu-Salt Salt Substitute	Decrease sodium while adding flavor.	3531.4 mg sodium → 0 mg sodium 0.2 mg potassium → 3975 mg
½ tsp black pepper	No Change	Adds flavor	No change
¼ tsp paprika	No Change	Adds flavor	No change

Nutrient analysis comparing the original and modified recipes for this modification template and written lab report was conducted by comparing and contrasting the two recipe's ingredients via Cronometer.[1]

By making the above changes to the creamy baked mac and cheese recipe, you would reduce energy content by 888 kcal, sodium by 713 mg, protein by 189.4 g, fat by 105.6 g, and cholesterol by 724 mg. Per serving, the above changes would reduce energy content by 111 kcal, sodium by 89.1 mg, protein by 24 g, fat by 13.2 g and cholesterol by 91 mg.

It's important to note that the above recipe decreases sodium amount by 3,901 mg but also adds 3,188.3 mg sodium (most sodium added is due to the addition of vegan cheese) – which means the total sodium decrease from the original recipe (after sodium additions are taken into account) is 713 mg. Per serving, this is a 89.1 mg decrease.

II. Nutrient Composition of low-protein, low-sodium Modification vs Original Recipe

The low-protein, lower-sodium than original recipe modification resulted in 64.7 less calories than the original (749.1 kcal vice 813.8 kcal) per serving, 16.5 g more CHO per serving (72.8 g CHO vs 56.3 g), 23.7 g *less* protein per serving (8.1 g protein vs 31.8 g protein) – which is 75% *less* than the original. Since each serving contains 8.1 g of protein, the goal of a low-protein macaroni and cheese modification was achieved. Fat per serving decreased from the original recipe by 4.2 g (45.6 g in modified recipe vs 49.8 g in original recipe). However, it is important to note that 54.8% of the modified recipe kcal amount comes from fat.

Sodium decreased in the modified recipe by 88.9 mg (977.7 mg in modified recipe vs 1066.6 mg in original recipe). Though the modified recipe is technically "lower sodium than the original recipe," it is *not* a low-sodium serving. Therefore, the goal of creating a low-sodium mac and cheese modification was not achieved.

Calcium decreased significantly in the modified recipe. Calcium per serving in the modified recipe was 261.5 mg, whereas the original recipe yields 931.8 mg. This is a 72% decrease in calcium per serving. Vitamin D increased by 0.92 IU/serving in the modified recipe (37.46 IU in modified recipe vs 36.54 IU in modified recipe).

Iron increased by 0.09 mg/serving in the modified recipe (2.54 mg/serving iron vs 2.45 mg/serving in the original). Additionally, vitamin C decreased from 0.68 mg/serving to <0.01 mg/serving. Notably, vitamin A decreased by 32% in the modified recipe. Vitamin A in the original recipe was 186.57 µg/serving, whereas vitamin A in the modified recipe was 127.02 µg/serving. Omega-3 fatty acid decreased by 80% in the modified recipe (0.05 g/serving vs 0.09 g/serving in the original recipe).

Cholesterol decreased by 78% in the modified recipe (33.2 mg cholesterol in modified recipe vs 150.16 mg cholesterol in the original recipe). Saturated fat decreased from 31.35 g saturated fat in the original recipe to 30.93 g saturated fat in the modified recipe.

III. Predicted Sensory Characteristics

I wanted the preparation, visual representation, smell, and cooking experience to be as similar to the original recipe as possible. This is why I chose a direct swap from shredded dairy cheese in the original recipe to shredded vegan cheese in the modified recipe. The vegan cheese chosen in the modified recipe contains zero grams of protein yet appears similar in color, texture, behavior, and appearance. In my assessment, vegan cheese would be the best choice as visual representation, product purchasing (shredded vegan cheese comes in bags that look like shredded dairy cheese), and cooking are all impacted by sensory characteristics.

The modified recipe received a score of 65 for taste because when one is expecting to consume macaroni and cheese, they are expecting the savory, warm, satiating taste of melted cheese and macaroni. The vegan cheeses chosen for the modified recipe came from *Violife*, which claims their vegan cheeses stretch, pull, melt and are very similar to their dairy counterparts – claims that have been backed up by numerous customer reviews.[2] Therefore, though this vegan cheese may not taste exactly like dairy cheese, it may be a suitable alternative.

Additionally, because the recipe is heated up and more aromatic, it may appeal more in taste as it will look similar to the original recipe. Additionally, vegan cheese is very high in sodium, which increases the sweetness and reduces potential bitterness in the vegan cheese – which may make it more appealing to the individual consuming the modified recipe.

Texture received a score of 70 as it is similar in appearance to the original recipe. The vegan cheese should melt, stretch, and be very similar in appearance to dairy cheese in the

original recipe. Additionally, the number of chews should be similar between the modified recipe and the original recipe. The "mouth feel" should be similar between the two recipes as well.

Appearance received a score of 75 because the vegan cheeses used are similar in appearance and color to their dairy counterparts, and surface characteristics should be very similar between the two. However, appearance received a score of 75 as an individual may expect the taste of dairy cheese due to similar color and appearance, yet this may not occur as vegan cheese does not taste like dairy cheese and may be an acquired taste.

Flavor received a score of 65 as the combination of taste and odor may not be as appealing to individuals who are not accustomed to consuming vegan cheeses. Vegan cheeses may be an acquired taste and have the potential to leave an aftertaste depending on the taste sensitivity of the individual (i.e. supertasters, etc).

Smoothness received a score of 70 as the cheese and other modified ingredients should melt and smooth out like the modified recipe. The acceptability score is 70 as the cheese is similarly colored to dairy cheese, and the appearance is very similar to the original recipe. The aroma *may* be similar, but again, is not the same as dairy cheese – which may be unappealing to some individuals. Portion size scored 85 as the modified recipe makes a decent amount per serving (311 g) and is a suitable alternative to the original recipe.

Overall, the modified recipe's average came out to 71.4 and the recipe would be made again as it is as close to the original recipe as possible when taking ingredients and cooking into account. It is also an excellent low-protein alternative, though is not a true low-sodium modification. However, the sodium content in the modified recipe is lower than the sodium in the original recipe.

I assess a client would find this modified recipe palatable and acceptable as many of the ingredients used to prepare the recipe look similar to the original recipe and are also prepared and cook in a similar way. It is important the client understands that vegan cheese does not taste exactly like dairy cheese and may be an "acquired" taste over time, depending on the taste sensitivity of the client. If the client did not like the recipe or is opposed to store-bought vegan cheese, I would use vegetables, spices, fruits and nuts to create a low-sodium and low-protein alternative, though the protein level would be higher than this modified recipe (~13 g).

IV. Recipe Cost & Quantity

The total cost for this recipe is high and may not be attainable for those on a budget or who suffer from food insecurity. To purchase all ingredients from *Wegmans* it will cost $34.49 for an 8-serving recipe. The cost per serving is $3.51. To make 48-servings, it would cost $168.42, which is largely attributed to the higher cost of vegan products.

The most expensive ingredients are the vegan cheeses and vegan creamer used in the modified recipe. The least expensive ingredients are the flour and spices used in the recipe. Unfortunately, due to the high cost of vegan products, any acceptable swap for these high-price ingredients would result in other high-priced vegan ingredients.

The only way to truly cut the cost of this recipe is to modify and create a homemade "cheese" sauce made out of vegetables, nuts fruits and other alternative ingredients – though this would completely change the recipe, taste and texture altogether.

I was shocked at the cost per serving and had to "double-take" when I saw it came out to $3.51 per serving. Upon further reflection, vegan cheeses are quite expensive and may not be attainable to many people – especially those who suffer from food insecurity or those who must follow a strict food budget.

V. Overall Evaluation of Modification and Reflection

When I realized I was assigned a low-protein, low-sodium modification, I did not think it would be too challenging. I thought that if I replaced the higher protein ingredients (whole milk, half-and-half, cheese) with low-protein plant-based alternatives and swapped salt for Nu-Salt (assuming this recipe modification was not for an individual with CKD), this recipe modification would be enough to achieve both low-protein and low-sodium macaroni and cheese. However, I now know that I was wrong as this clearly was not the case. I was taken aback when I saw the amount of sodium in the modified recipe and was disheartened. I was able to create a low-protein macaroni and cheese (8.1 g per serving) but was unable to attain a *true* low-sodium modification (my recipe contained 977.7 mg sodium per serving, which is high sodium).

Once I realized the amount of sodium per serving, I reflected on *why* I chose this recipe, as I originally weighed the options of creating a home-made vegan "cheese" sauce made out of cashews, lemon juice, water, nutritional yeast, paprika, garlic, turmeric and Dijon mustard. However, this would have decreased the portion size and increased protein by 5 g (increasing from 8.1 g in the recipe chosen to 13 g/serving). However, if I had chosen the home-made vegan sauce recipe, sodium would have decreased to 16.2 mg/serving but protein would have increased.

I had to truly consider what recipe would be *most* like the original recipe in palatability, color, texture, convenience, cooking and taste so ultimately chose to use vegan cheese over a homemade vegan recipe as I feel that an individual may prefer this recipe provided they do not suffer from hypertension, heart disease, chronic kidney disease and other chronic diseases as the sodium is quite high in my modified recipe.

My biggest shock while analyzing the recipe ingredients chosen for the recipe modification is the amount of sodium in the chosen vegan cheeses. The sodium in vegan cheeses

(and to a *much smaller extent* the nut milk) largely contributed to the overall sodium amount in the recipe and serving. This was shocking to me, but at least now I know so I can be aware of this when working with future patients and/or clients.

I learned a great deal during this recipe modification and am disheartened that I failed to create a low-sodium modification. I am ecstatic that I was able to create such a low-protein modification – but that occurred at the expense of sodium as it simply *was not* possible to use the vegan cheese and achieve a low-sodium modification. I now know that it would be beneficial to focus and experiment with creating homemade vegan cheese sauces using ingredients like butternut squash, pumpkin, bell peppers, nuts, etc to see what low-protein, low-sodium modifications I can come up with vice spending a large amount of money on vegan cheese that is packed with sodium.

References

1. Cronometer. Custom Recipes. 2025. Accessed October 24, 2025.

https://cronometer.com/#custom-recipes

2. Violife. Just Like Cheddar Shreds. 2025. Accessed October 24, 2025.

https://www.violife.com/en-us/products/dairy-free-cheese-shreds/just-like-cheddar-shreds

Appendix I

Modified Recipe:[1]

Macaroni & Cheese - Low Protein, Low Sodium

Nutrition Facts

Serving Size	1 Serving

Amount Per Serving

Calories **749.1**

		% Daily Value*
Total Fat	45.6 g	58 %
Saturated Fat	30.9 g	155 %
Trans Fat	0.5 g	
Cholesterol	33.2 mg	11 %
Sodium	977.7 mg	43 %
Total Carbohydrate	72.8 g	26 %
Dietary Fiber	2.2 g	8 %
Total Sugars	2 g	
Added Sugars	0 g	0 %
Protein	8.1 g	
Vitamin D	0.9 mcg	5 %
Calcium	261.5 mg	20 %
Iron	2.5 mg	14 %
Potassium	866.2 mg	18 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Ingredients ADD INGREDIENTS

Description	Database	Amount	Unit	Energy (kcal)	Weight
Wegmans, Pasta, Elbows	CRDB	8	1/2 cup (dry)	1600.0	440.0 g
Violife, Just Like Cheddar Shreds	CRDB	16	1/4 cup	1600.0	448.0 g
Violife, Just Like Smoked Provolone Slices	CRDB	227	g	681.0	227.0 g
Violife, Just Like Mozzarella Shreds, 80 Cal	CRDB	227	g	648.6	227.0 g
Butter, Unsalted	NCCDB	1/2	cup	813.8	113.5 g
Wegmans, All Purpose Flour, Enriched Unbleached	CRDB	2	1/4 cup	200.0	60.0 g
Wegmans, Almondmilk, Original Unsweetened	CRDB	1.50	cup (240ml)	45.0	Unknown
Nutpods, Almond + Coconut Creamer, Original	CRDB	40	tbsp (15ml)	400.0	Unknown
NuSalt, Salt Substitute	CRDB	7.50	g	0.0	7.5 g
Black Pepper, Ground	NCCDB	1/2	tsp	2.9	1.2 g
Paprika Seasoning	NCCDB	1/4	tsp	1.6	0.6 g

Macronutrients

Protein: 8g (4%) Carbs: 71g (39%) Fat: 46g (57%) Alcohol: 0g (0%)

General	Amount		% DV
Energy	749.11	kcal	
	3136.36	kJ	
Alcohol	0.00	g	
Ash	0.06	g	
Beta-Hydroxybutyrate	-	g	
Caffeine	0.00	mg	
Oxalate	1.02	mg	
Water	72.10	g	

Carbohydrates	Amount		% DV
Total Carbs	72.83	g	26.5%
Fiber	2.19	g	7.8%
Starch	5.57	g	
Sugars	2.04	g	
Allulose	-	g	
Fructose	<0.01	g	
Galactose	<0.01	g	
Glucose	<0.01	g	
Lactose	<0.01	g	
Maltose	0.00	g	
Sucrose	<0.01	g	
Added Sugars	0.00	g	0.0%
Sugar Alcohol	0.00	g	
Net Carbs	70.65	g	

Lipids	Amount		% DV
Fat	45.60	g	58.5%
Monounsaturated	3.33	g	
Polyunsaturated	0.46	g	
Omega-3	0.05	g	
Omega-6	0.18	g	
Saturated	30.93	g	154.7%
Trans-Fats	0.47	g	
Cholesterol	33.20	mg	11.1%
Phytosterol	-	mg	

Protein	Amount	% DV
Protein	8.08 g	
Alanine	0.03 g	
Arginine	0.04 g	
Aspartic acid	0.05 g	
Cystine	0.02 g	
Glutamic acid	0.29 g	
Glycine	0.03 g	
Histidine	0.02 g	
Hydroxyproline	- g	
Isoleucine	0.03 g	
Leucine	0.07 g	
Lysine	0.03 g	
Methionine	0.02 g	
Phenylalanine	0.05 g	
Proline	0.11 g	
Serine	0.05 g	
Threonine	0.03 g	
Tryptophan	0.01 g	
Tyrosine	0.03 g	
Valine	0.04 g	

Vitamins	Amount		% DV
B1 (Thiamine)	0.55	mg	45.5%
B2 (Riboflavin)	0.23	mg	17.6%
B3 (Niacin)	3.41	mg	21.3%
B5 (Pantothenic Acid)	0.05	mg	1.0%
B6 (Pyridoxine)	<0.01	mg	0.3%
B12 (Cobalamin)	2.84	µg	118.5%
Biotin	-	µg	-%
Choline	2.72	mg	0.5%
Folate	195.81	µg	49.0%
Vitamin A	127.02	µg	14.1%
Alpha-carotene	0.44	µg	
Beta-carotene	41.47	µg	
Beta-cryptoxanthin	4.42	µg	
Lutein+Zeaxanthin	20.00	µg	
Lycopene	0.03	µg	
Retinol	95.20	µg	
Vitamin C	<0.01	mg	<0.1%
Vitamin D	37.46	IU	4.7%
Vitamin E	1.04	mg	7.0%
Beta Tocopherol	0.01	mg	
Delta Tocopherol	<0.01	mg	
Gamma Tocopherol	0.11	mg	
Vitamin K	1.31	µg	1.1%

Minerals	Amount		% DV
Calcium	261.54	mg	20.1%
Chromium	-	µg	-%
Copper	0.03	mg	2.9%
Fluoride	-	µg	
Iodine	-	µg	-%
Iron	2.54	mg	14.1%
Magnesium	5.12	mg	1.2%
Manganese	0.07	mg	3.1%
Molybdenum	-	µg	-%
Phosphorus	11.25	mg	0.9%
Potassium	866.22	mg	18.4%
Selenium	2.70	µg	4.9%
Sodium	977.69	mg	42.5%
Zinc	0.07	mg	0.6%

Appendix II

Original Recipe:[1]

Macaroni & Cheese - Original Recipe

Nutrition Facts

Serving Size	1 full recipe

Amount Per Serving

Calories	6510.4

		% Daily Value*
Total Fat	398.5 g	511 %
Saturated Fat	250.8 g	1254 %
Trans Fat	6.9 g	
Cholesterol	1201.3 mg	400 %
Sodium	8532.7 mg	371 %
Total Carbohydrate	450.1 g	164 %
Dietary Fiber	17.5 g	62 %
Total Sugars	58.2 g	
Added Sugars	0 g	0 %
Protein	254.1 g	
Vitamin D	7.3 mcg	37 %
Calcium	7454.4 mg	573 %
Iron	19.6 mg	109 %
Potassium	2697.6 mg	57 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full Info at cronometer.com </>

Macronutrients

Protein: 254g (16%) Carbs: 433g (27%) Fat: 398g (56%) Alcohol: 0g (0%)

General	Amount		% DV
Energy	6510.44	kcal	
	27257.90	kJ	
Alcohol	0.00	g	
Ash	15.53	g	
Beta-Hydroxybutyrate	-	g	
Caffeine	0.00	mg	
Oxalate	10.14	mg	
Water	837.04	g	

Lipids	Amount		% DV
Fat	398.49	g	510.9%
Monounsaturated	49.27	g	
Polyunsaturated	7.47	g	
Omega-3	0.73	g	
Omega-6	3.65	g	
Saturated	250.78	g	1253.9%
Trans-Fats	6.94	g	
Cholesterol	1201.26	mg	400.4%
Phytosterol	-	mg	

Carbohydrates	Amount		% DV
Total Carbs	450.07	g	163.7%
Fiber	17.49	g	62.5%
Starch	44.52	g	
Sugars	58.23	g	
Allulose	-	g	
Fructose	0.04	g	
Galactose	<0.01	g	
Glucose	0.02	g	
Lactose	42.00	g	
Maltose	0.00	g	
Sucrose	<0.01	g	
Added Sugars	0.00	g	0.0%
Sugar Alcohol	0.04	g	
Net Carbs	432.54	g	

Protein	Amount	
Protein	254.07	g
Alanine	1.25	g
Arginine	1.20	g
Aspartic acid	2.78	g
Cystine	0.31	g
Glutamic acid	9.01	g
Glycine	0.95	g
Histidine	0.96	g
Hydroxyproline	-	g
Isoleucine	1.88	g
Leucine	3.32	g
Lysine	2.13	g
Methionine	0.91	g
Phenylalanine	1.82	g
Proline	4.07	g
Serine	1.69	g
Threonine	1.62	g
Tryptophan	0.69	g
Tyrosine	1.72	g
Valine	2.21	g

Vitamins	Amount		% DV
B1 (Thiamine)	4.76	mg	396.3%
B2 (Riboflavin)	3.51	mg	269.7%
B3 (Niacin)	28.36	mg	177.3%
B5 (Pantothenic Acid)	5.00	mg	100.1%
B6 (Pyridoxine)	0.57	mg	33.6%
B12 (Cobalamin)	3.32	µg	138.3%
Biotin	0.33	µg	1.1%
Choline	200.04	mg	36.4%
Folate	1584.63	µg	396.2%
Vitamin A	1492.60	µg	165.8%
Alpha-carotene	3.51	µg	
Beta-carotene	490.47	µg	
Beta-cryptoxanthin	35.34	µg	
Lutein+Zeaxanthin	159.97	µg	
Lycopene	0.23	µg	
Retinol	1449.80	µg	
Vitamin C	5.45	mg	6.1%
Vitamin D	292.31	IU	36.5%
Vitamin E	4.64	mg	31.0%
Beta Tocopherol	0.09	mg	
Delta Tocopherol	<0.01	mg	
Gamma Tocopherol	0.85	mg	
Vitamin K	19.43	µg	16.2%

Minerals	Amount		% DV
Calcium	7454.38	mg	573.4%
Chromium	-	µg	-%
Copper	0.16	mg	18.3%
Fluoride	-	µg	
Iodine	314.30	µg	209.5%
Iron	19.57	mg	108.7%
Magnesium	122.87	mg	29.3%
Manganese	0.60	mg	26.0%
Molybdenum	-	µg	-%
Phosphorus	1034.37	mg	82.7%
Potassium	2697.56	mg	57.4%
Selenium	47.89	µg	87.1%
Sodium	8532.65	mg	371.0%
Zinc	4.43	mg	40.3%