

Table S1. Nutritional value of *sofrito*.

	Nutrients
Energy¹	278.4
Total fats²	22.56
Saturated fats²	3.6
Carbohydrate²	13.44
Protein²	3.36
Fibre²	3.84

Values of nutrients have been obtained from the product label

¹Kcal/dose administered; ²g/dose administered

Dose administered= 240 g per 70 kg of body weight