

**Table S1.** Nutritional value of *sofrito*.

Nutrients	
Energy <sup>1</sup>	278.4
Total fats <sup>2</sup>	22.56
Saturated fats <sup>2</sup>	3.6
Carbohydrate <sup>2</sup>	13.44
Protein <sup>2</sup>	3.36
Fibre <sup>2</sup>	3.84

Values of nutrients have been obtained from the product label

<sup>1</sup>Kcal/dose administered; <sup>2</sup>g/dose administered

Dose administered= 240 g per 70 kg of body weight