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| Food: | White Wine |

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (ml)  Per bottle | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price |
| Lindeman's Alcohol Free Chardonnay Pinot Nior Muscat | 75 cl | 97.5 | 0.0 | 20.1 | 3.98 |
| Lindeman's Alcohol Free Semillon Chardonnay | 75 cl | 112.5 | 0.0 | 22.5 | 3.98 |
| Black Tower | 75 cl | 330.0 | 0.0 | 29.6 | 5.00 |
| ASDA Extra Special Muscat | 75 cl | 375 | 0.0 | 75.0 | 2.50 |
| Sainsbury's House Pinot Grigio | 75 cl | 501.9 | 0.0 | 23.1 | 4.50 |
| Dr. Loosen Bros Riesling Dry | 75 cl | 608.1 | 0.0 | 27.9 | 7.00 |
| Kumala Chenin Blanc | 75 cl | 608.1 | 0.0 | 24.9 | 4.25 |
| Echo Falls Medium White | 75 cl | 608.1 | 0.0 | 75.9 | 4.00 |
| Villa Maria Sauvignon Blanc Marlborough | 75 cl | 613.3 | 0.0 | 15.0 | 9.50 |
| Touraine Sauvignon Blanc | 75 cl | 613.3 | 0.0 | 15.0 | 8.00 |
| Bradshaw Sauvignon Blanc | 75 cl | 613.3 | 0.0 | 15.0 | 4.75 |
| Calvet Alsace Pinot Blanc | 75 cl | 613.3 | 0.0 | 14.1 | 9.00 |
| Table Wine | 75 cl | 618.4 | 0.0 | 19.3 | 7.50 |
| ASDA Extra Special Pouilly Fume Sauvignon Blanc | 75 cl | 618.4 | 0.0 | 16.7 | 12.50 |
| Wolf Blass Red Label Chardonnay Semillon | 75 cl | 618.4 | 0.0 | 22.7 | 6.00 |
| Hardys Stamp of Australia Chardonnay Semillon | 75 cl | 618.4 | 0.0 | 22.7 | 5.50 |
| Hardys Stamp of Australia Sauvignon Semillon | 75 cl | 618.4 | 0.0 | 22.7 | 5.50 |
| Busby Estate Margaret River Sauvignon Blanc Semillon | 75 cl | 618.4 | 0.0 | 22.7 | 5.50 |
| Lindeman's Tollana Chardonnay | 75 cl | 618.4 | 0.0 | 17.1 | 4.50 |
| Blossom Hill | 75 cl | 674.1 | 0.0 | 7.7 | 5.00 |

* Shows Per Bottle

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (ml)  Per bottle | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price |
| Lindeman's Alcohol Free Chardonnay Pinot Nior Muscat | 75 cl | 22.8 | 0.0 | 4.7 | 3.98 |
| Lindeman's Alcohol Free Semillon Chardonnay | 75 cl | 26.3 | 0.0 | 5.3 | 3.98 |
| Black Tower | 75 cl | 77.0 | 0.0 | 6.9 | 5.00 |
| ASDA Extra Special Muscat | 75 cl | 87.5 | 0.0 | 17.5 | 2.50 |
| Sainsbury's House Pinot Grigio | 75 cl | 117.1 | 0.0 | 5.4 | 4.50 |
| Dr. Loosen Bros Riesling Dry | 75 cl | 141.9 | 0.0 | 6.5 | 7.00 |
| Kumala Chenin Blanc | 75 cl | 141.9 | 0.0 | 5.8 | 4.25 |
| Echo Falls Medium White | 75 cl | 141.9 | 0.0 | 17.7 | 4.00 |
| Villa Maria Sauvignon Blanc Marlborough | 75 cl | 143.1 | 0.0 | 3.5 | 9.50 |
| Touraine Sauvignon Blanc | 75 cl | 143.1 | 0.0 | 3.5 | 8.00 |
| Bradshaw Sauvignon Blanc | 75 cl | 143.1 | 0.0 | 3.5 | 4.75 |
| Calvet Alsace Pinot Blanc | 75 cl | 143.1 | 0.0 | 3.3 | 9.00 |
| Table Wine | 75 cl | 144.3 | 0.0 | 4.5 | 7.50 |
| ASDA Extra Special Pouilly Fume Sauvignon Blanc | 75 cl | 144.3 | 0.0 | 3.9 | 12.50 |
| Wolf Blass Red Label Chardonnay Semillon | 75 cl | 144.3 | 0.0 | 5.3 | 6.00 |
| Hardys Stamp of Australia Chardonnay Semillon | 75 cl | 144.3 | 0.0 | 5.3 | 5.50 |
| Hardys Stamp of Australia Sauvignon Semillon | 75 cl | 144.3 | 0.0 | 5.3 | 5.50 |
| Busby Estate Margaret River Sauvignon Blanc Semillon | 75 cl | 144.3 | 0.0 | 5.3 | 5.50 |
| Lindeman's Tollana Chardonnay | 75 cl | 144.3 | 0.0 | 4.0 | 4.50 |
| Blossom Hill | 75 cl | 157.3 | 0.0 | 1.8 | 5.00 |

* Shows Per 175 ml glass

Supermarkets Tested

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| ASDA | Tesco | Morrison’s | Sainsbury’s | Waitrose | Able & Cole | ICELAND |
| YES | YES | YES | YES | YES | YES | YES |

*N/A Indicates Either Nutrition Information Not Available On The Company’s Website Or The Company Doesn’t Supply This Brand.*