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| Food: | Spirits (Bourbon) |

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| Suggested Brands | Size / Weight (ml)Per bottle | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price |
| Pims | 70cl | 64 | 0 | 1.6 | 15.30 |
| Bulleit Bourbon Frontier Whiskey | 70 cl | 87 | 0 | 0 | 27.00 |
| Jim Beam White Label Bourbon | 70 cl | 87 | 0 | 0 | 14.00 |
| ASDA Blended Bourbon | 70 cl | 87 | 0 | 0 | 14.00 |
| Maker's Mark Kentucky Straight Bourbon Whisky | 70 cl | 87 | 0 | 0 | 25.00 |
| Buffalo Trace Bourbon Whiskey | 70 cl | 87 | 0 | 0 | 23.00 |
| Old Samuel Blended Bourbon Whisky | 70 cl | 87 | 0 | 0 | 14.35 |
| Jack Daniels Tennessee Fire | 70 cl | 87 | 0 | 0 | 16.00 |
| Sainsbury's Honey Bourbon Liqueur | 70 cl | 100 | 0 | 0 | 13.50 |
| Sainsbury's Kentucky Bourbon Whiskey | 70 cl | 101 | 0 | 0 | 13.50 |

* Shows Per 40 ml shot

Supermarkets

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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.*