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| Food: | Spirits (Brandy) |

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| Suggested Brands | Size / Weight (ml)Per bottle | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price |
| Tesco Napoleon Brandy | 1 L | 80 | 0 | 0 | 16.00 |
| Tesco Finest Xo Brandy | 70 cl | 80 | 0 | 0 | 16.50 |
| Waitrose 3 Year Old French Brandy | 1 L | 81 | 0 | 0 | 17.50 |
| Waitrose 3 Year Old French Brandy | 70 cl | 81 | 0 | 0 | 13.25 |
| Tesco Spanish Brandy | 70 cl | 82 | 0 | 0 | 14.50 |
| Jules Clairon Fine French Brandy | 70cl | 87 | 0 | 0 | 13.50 |
| Three Barrels Rare Old French Brandy VSOP | 1 L | 87 | 0 | 0 | 19.00 |
| ASDA Napoleon French V.S.O.P. Brandy | 1 L | 87 | 0 | 0 | 16.00 |
| ASDA Napoleon French V.S.O.P. Brandy | 70cl | 87 | 0 | 0 | 11.50 |
| Bardinet Brandy | 1 L | 87 | 0 | 0 | 19.00 |
| EJ Brandy Original Brandy | 70 cl | 87 | 0 | 0 | 16.50 |
| Soberano 5 Brandy Reserva | 70 cl | 87 | 0 | 0 | 14.00 |
| De Valcourt V.S.O.P Finest French Brandy | 70 cl | 87 | 0 | 0 | 13.50 |
| ASDA Extra Special Rare Old French XO Brandy | 70 cl | 87 | 0 | 0 | 16.00 |
| Sainsbury's 3 Year Old French Brandy | 1 L | 87 | 0 | 0 | 16.00 |
| Morrisons 3 Year Old French Brandy | 70 cl | 87 | 0 | 0 | 12.50 |
| M Best Brandy XO | 70 cl | 87 | 0 | 0 | 16.00 |

* Shows Per 40 ml shot

Supermarkets

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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.*