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| Food: | Spices (Common Food) |

| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price |
| --- | --- | --- | --- | --- | --- |
| Basil | 1 tspÿ(0.7 g) | 0 | 0 | 0.17 | £0.01 |
| Rosemary | 1 tbspÿ(1.7 g) | 1 | 0 | 0.7 | £0.01 |
| Cider Vinegar | 1 tbspÿ(14.9 g) | 3 | 0 | 0.14 | £0.01 |
| Thyme | 1 tspÿ(1 g) | 3 | 0 | 0.4 | £0.01 |
| Red Wine Vinegar | 1 tbspÿ(14.9 g) | 3 | 0 | 0.1 | £0.01 |
| Tarragon | 1 tbspÿ(1.8 g) | 3 | 0 | 2.0 | £0.01 |
| Marjoram | 1 tbspÿ(1.7 g) | 3 | trace | 0.33 | £0.01 |
| Oregano | 1 tspÿ(1 g) | 3 | trace | 0.44 | £0.01 |
| Black Pepper | 1 tspÿ(2.4 g) | 5 | 0 | 1.5 | £0.01 |
| Sage | 1 tbspÿ(2 g) | 6 | 0 | 0.4 | £0.01 |
| Bay Leaf | 1 tbspÿ(8.6 g) | 6 | 0 | 1.3 | £0.01 |
| Chili Powder | 1 tspÿ(2.7 g) | 6 | 0.1 | 0.44 | £0.01 |
| Paprika | 1 tspÿ(2.3 g) | 6 | trace | 0.44 | £0.01 |
| Turmeric | 1 tspÿ(2.2 g) | 7 | 0 | 1.31 | £0.01 |
| Anise Seed | 1 tspÿ(2.1 g) | 7 | trace | 0.75 | £0.01 |
| Onion Powder | 1 tspÿ(2.4 g) | 7 | trace | 1.5 | £0.01 |
| Mustard Seed | 1 tspÿ(2 g) | 10 | trace | 0.35 | £0.01 |
| Garlic Powder | 1 tspÿ(3.1 g) | 10 | trace | 1.95 | £0.01 |
| Nutmeg | 1 tspÿ(2.2 g) | 11 | 0.6 | 1.95 | £0.01 |
| Balsamic Vinegar | 1 tbspÿ(16 g) | 14 | 0 | 2.72 | £0.01 |
| Cloves | 1 tbspÿ(6.5 g) | 16 | 0.3 | 2.06 | £0.01 |
| Cardamom | 1 tbspÿ(5.8 g) | 16 | trace | 2.37 | £0.01 |
| Pumpkin Pie Spice | 1 tbspÿ(5.6 g) | 17 | 0.4 | 3.08 | £0.01 |
| Cinnamon | 1 tbspÿ(7.9 g) | 17 | trace | 2.18 | £0.01 |
| Ground Ginger | 1 tbspÿ(5.2 g) | 17 | trace | 3.02 | £0.01 |
| Curry Powder | 1 tbspÿ(6.3 g) | 20 | 0.1 | 0.12 | £0.01 |
| Caraway Seeds | 1 tbspÿ(6.7 g) | 20 | trace | 0.83 | £0.01 |
| Cumin | 1 tbspÿ(6 g) | 23 | trace | 2.04 | £0.01 |

Supermarkets Tested

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| ASDA | Tesco | Morrisons | Sainsburys | Waitrose | Lidl  | Aldi | Able & Cole |
| YES | YES | N/A | YES | YES | YES | YES | N/A |

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