|  |  |
| --- | --- |
| Food: | Cakes |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Plain Fairy Cakes | X 12 | 88 | 0.4 | 10.8 | 1.15 |
| Choco Honey Snack Cakes | X 10 | 98 | 2.3 | 14.2 | 1.00 |
| Classic Milk Snack Cakes | X 10 | 99 | 2.4 | 14.3 | 1.00 |
| Iced Fairy Cakes | X 12 | 100 | 0.6 | 13.7 | 1.15 |
| Fresh Cream Chocolate Sponge | 6 “ | 137 | 4.5 | 15.4 | 2.00 |
| Fresh Cream Sponge Cake | 6 “ | 138 | 4.1 | 18.2 | 2.00 |
| Fresh Cream Lemon Sponge | 6 “ | 143 | 4.6 | 18.3 | 2.00 |
| Flapjack | X 5 | 146 | 2.1 | 20 | 1.00 |
| Chocolate Brownie with Himalayan Rose Salt | X 1 | 165 | 1.9 | 17 | 2.05 |
| Almond Fingers | X 4 | 183 | 2.7 | 27.9 | 1.00 |
| Congress Tart | X 4 | 196 | 3 | 30.3 | 1.34 |
| Mince Pies | X 6 | 204 | 3.3 | 32.3 | 1.00 |
| Bramley Apple Pies | X6 | 212 | 2.7 | 32.8 | 1.00 |
| Indulgent Cupcakes | X12 | 213 | 3.5 | 26 | 4.00 |
| Custard Donuts | X 2 | 213 | 3.3 | 10 | 1.25 |
| Chocolate Éclairs | X 2 | 216 | 7 | 16.7 | 1.65 |
| Egg Custard Tart | X 2 | 242 | 4.5 | 29.9 | 0.80 |
| Fresh Cream Jam Doughnuts | X 2 | 260 | 8.6 | 25.2 | 1.65 |
| Fresh Cream Strawberry Custard Tarts | X 2 | 264 | 8.0 | 28.5 | 1.50 |
| Chorley Cakes | X 4 | 286 | 4.5 | 37.5 | 1.20 |
| Vanilla Custard Slice | X 2 | 290 | 5.2 | 41.2 | 1.65 |
| Cherry Bakewell Tart | X 4 | 308 | 3.2 | 52.7 | 1.34 |
| Lemon & Raspberry Cheesecake | X 2 | 332 | 10.6 | 34.4 | 2.50 |
| Mango & Passion Fruit Cheesecake | 6 “ | 345 | 11.4 | 35.5 | 4.00 |
| Fresh Cream Slices | X 2 | 354 | 11.9 | 32.5 | 1.65 |
| Raspberry Cheesecake | X 2 | 357 | 12.3 | 19.4 | 2.00 |
| Fresh Cream Fruited Scones | X 2 | 360 | 7.9 | 48.1 | 1.50 |
| Chocolate Salted Caramel Cheesecake | X 2 | 389 | 13.5 | 39.5 | 2.50 |
| Belgian Chocolate Cheesecake | 6 “ | 412 | 14.5 | 39.4 | 4.00 |

* **Values shown per cake or 1/6th slice**

Supermarkets Tested

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| ASDA | Tesco | Morrisons | Sainsburys | Waitrose | Iceland |
| Similar | Similar | Similar | Similar | Similar | Similar |

*N/A Indicates Either Nutrition Information Not Available on the Company’s Website or the Company Doesn’t Supply This Brand*