|  |  |
| --- | --- |
| Food: | Mousse |

| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| --- | --- | --- | --- | --- | --- |
| ASDA Light Chocolate x 6 | 360 | 65.4 | 1.0 | 9.6 | 1.00 |
| ASDA Smart Price Chocolate x 6 | 360 | 67.8 | 2.2 | 10.8 | 0.45 |
| Tesco Healthy Living Chocolate x 6 | 360 | 69.6 | 1.0 | 10.7 | 1.00 |
| Sainsbury's Mousse Lighter Chocolate x 6 | 375 | 71.9 | 0.9 | 10.5 | 1.00 |
| Ski Strawberry x 6 | 360 | 72.6 | 2.0 | 9.2 | 1.00 |
| Ski Lemon with Meringue Sauce x 6 | 360 | 76.8 | 1.9 | 10.7 | 1.00 |
| Rolo x 4 | 200 | 79.0 | 2.1 | 10.8 | 1.00 |
| Ms Molly's Chocolate x 4 | 240 | 79.8 | 2.3 | 10.9 | 1.00 |
| Milkybar Mousses x 4 | 210 | 81.4 | 2.3 | 9.9 | 1.00 |
| Aero Mint Chocolate x 4 | 192 | 82.1 | 2.5 | 10.3 | 1.00 |
| Somerset Valley Strawberry x 6 | 330 | 86.9 | 3.9 | 9.3 | 1.00 |
| Cadbury Bubbles of Joy Milk Chocolate x 4 | 180 | 90.0 | 2.6 | 11.5 | 1.00 |
| ASDA Strawberry Mousses x 6 | 360 | 93.6 | 4.3 | 10.2 | 1.00 |
| Tesco Strawberry x 6 | 360 | 93.6 | 4.3 | 10.1 | 1.00 |
| Nestle Aero Chocolate x 4 | 236 | 93.8 | 1.8 | 13.6 | 1.00 |
| Iceland 6 Chocolate | 330 | 101.8 | 3.3 | 12.8 | 1.20 |
| ASDA Chocolate Mousses x 6 | 360 | 104.4 | 3.4 | 13.2 | 1.00 |
| Tesco Chocolate x 6 | 360 | 104.4 | 3.4 | 13.4 | 0.49 |
| Morrisons Chocolate x 6 | 360 | 104.4 | 3.4 | 13.4 | 1.40 |
| essential Waitrose chocolate x 6 | 375 | 106.9 | 2.8 | 13.4 | 1.00 |
| ASDA Lemon x 6 | 360 | 107.4 | 4.1 | 13.8 | 1.40 |
| Tesco Mousse x 6 | 360 | 107.4 | 4.1 | 13.7 | 1.50 |
| Morrisons Lemon x 6 | 360 | 107.4 | 4.1 | 13.7 | 1.50 |
| Sainsbury's Chocolate x 6 | 360 | 111.0 | 3.6 | 14.0 | 1.50 |
| Bonne Maman Strawberry x 2 | 140 | 120.4 | 3.3 | 16.1 | 1.00 |
| Nestle After Eight x 4 | 228 | 126.0 | 5.5 | 10.3 | 1.00 |
| Aero Creations Chocolate x 4 | 228 | 130.0 | 5.2 | 11.7 | 1.00 |
| Waitrose Lemon x 1 | 100 | 166.0 | 6.5 | 13.8 | 1.00 |
| Cadbury Layers of Joy Jaffantastic Chocolate x 2 | 180 | 186.3 | 3.2 | 31.9 | 0.80 |
| Tesco Finest Cherry & Kirsch x 1 | 100 | 195.0 | 7.9 | 19.6 | 1.00 |
| Waitrose cappuccino x 1 | 100 | 200.0 | 6.6 | 21.6 | 1.50 |
| Bonne Maman Chocolate x 2 | 140 | 206.5 | 9.9 | 13.2 | 0.80 |
| ASDA Red Berry x 2 | 200 | 217.0 | 9.2 | 18.0 | 1.00 |
| GU Intense Chocolate x 1 | 70 | 225.4 | 8.8 | 20.8 | 1.75 |
| Tesco Finest Mango & Passion Fruit x 1 | 100 | 231.0 | 10.3 | 18.4 | 0.80 |
| ASDA Toffee x 2 | 200 | 235.0 | 10.0 | 21.0 | 0.80 |
| Sainsbury's Salted Caramel Mousse, Taste the Difference x 1 | 100 | 246.0 | 10.8 | 19.2 | 0.80 |
| GU Dark Chocolate and Salted Caramel x 1 | 70 | 247.1 | 8.3 | 26.5 | 1.75 |
| Morrisons The Best Snowdonia Fudge x 1 | 100 | 252.0 | 10.4 | 25.3 | 0.80 |
| Waitrose Chocolate x 1 | 100 | 261.0 | 9.9 | 23.2 | 0.65 |
| Finest Butter Scotch x 1 | 100 | 270.0 | 11.1 | 26.0 | 0.80 |
| Sainsbury's Mousse Colombian Coffee, Taste the Difference x 1 | 100 | 271.0 | 11.5 | 23.8 | 0.80 |
| Tesco Finest Belgian Chocolate x 1 | 100 | 285.0 | 11.6 | 23.9 | 0.80 |
| Morrisons The Best Belgian Chocolate x 1 | 100 | 307.0 | 12.8 | 25.5 | 0.65 |
| Sainsbury's Mousse Chocolate, Taste the Difference x 1 | 100 | 313.0 | 12.4 | 29.8 | 0.80 |
| Muller Pud Belgian Chocolate x 1 | 200 | 354.0 | 7.8 | 49.6 | 1.40 |
| Muller Pud Belgian Chocolate and Orange x 1 | 200 | 354.0 | 7.8 | 49.6 | 1.50 |
| Muller Püd Mousse Belgian Chocolate and White Chocolate x 1 | 200 | 358.0 | 9.2 | 49.2 | 1.50 |

* **Values shown per pot**

| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| --- | --- | --- | --- | --- | --- |
| ASDA Light Chocolate x 6 | 360 | 109 | 1.6 | 16 | 1.00 |
| ASDA Smart Price Chocolate x 6 | 360 | 113 | 3.6 | 18 | 0.45 |
| Sainsbury's Mousse Lighter Chocolate x 6 | 375 | 115 | 1.4 | 16.8 | 1.00 |
| Tesco Healthy Living Chocolate x 6 | 360 | 116 | 1.7 | 17.9 | 1.00 |
| Ski Strawberry x 6 | 360 | 121 | 3.4 | 15.4 | 1.00 |
| Ski Lemon with Meringue Sauce x 6 | 360 | 128 | 3.2 | 17.8 | 1.00 |
| Ms Molly's Chocolate x 4 | 240 | 133 | 3.8 | 18.2 | 0.49 |
| Milkybar Mousses x 4 | 210 | 155 | 4.4 | 18.9 | 1.40 |
| ASDA Strawberry Mousses x 6 | 360 | 156 | 7.1 | 17 | 1.00 |
| Tesco Strawberry x 6 | 360 | 156 | 7.1 | 16.9 | 1.00 |
| Rolo x 4 | 200 | 158 | 4.1 | 21.6 | 1.40 |
| Somerset Valley Strawberry x 6 | 330 | 158 | 7.1 | 16.9 | 1.00 |
| Nestle Aero Chocolate x 4 | 236 | 159 | 3.0 | 23.1 | 1.50 |
| Waitrose Lemon x 1 | 100 | 166 | 6.5 | 13.8 | 0.80 |
| Aero Mint Chocolate x 4 | 192 | 171 | 5.3 | 21.4 | 1.40 |
| essential Waitrose chocolate x 6 | 375 | 171 | 4.5 | 21.4 | 1.00 |
| Bonne Maman Strawberry x 2 | 140 | 172 | 4.7 | 23 | 1.50 |
| ASDA Chocolate Mousses x 6 | 360 | 174 | 5.7 | 22 | 1.00 |
| Tesco Chocolate x 6 | 360 | 174 | 5.7 | 22.3 | 1.00 |
| Morrisons Chocolate x 6 | 360 | 174 | 5.7 | 22.3 | 1.00 |
| Muller Pud Belgian Chocolate x 1 | 200 | 177 | 3.9 | 24.8 | 1.00 |
| Muller Pud Belgian Chocolate and Orange x 1 | 200 | 177 | 3.9 | 24.8 | 1.00 |
| ASDA Lemon x 6 | 360 | 179 | 6.9 | 23 | 1.00 |
| Muller Püd Mousse Belgian Chocolate and White Chocolate x 1 | 200 | 179 | 4.6 | 24.6 | 1.00 |
| Tesco Mousse x 6 | 360 | 179 | 6.9 | 22.9 | 1.00 |
| Morrisons Lemon x 6 | 360 | 179 | 6.9 | 22.9 | 1.00 |
| Sainsbury's Chocolate x 6 | 360 | 185 | 6.0 | 23.3 | 1.00 |
| Iceland 6 Chocolate | 330 | 185 | 6 | 23.3 | 1.00 |
| Tesco Finest Cherry & Kirsch x 1 | 100 | 195 | 7.9 | 19.6 | 0.80 |
| Cadbury Bubbles of Joy Milk Chocolate x 4 | 180 | 200 | 5.7 | 25.6 | 1.50 |
| Waitrose cappuccino x 1 | 100 | 200 | 6.6 | 21.6 | 0.80 |
| Cadbury Layers of Joy Jaffantastic Chocolate x 2 | 180 | 207 | 3.5 | 35.4 | 1.20 |
| ASDA Red Berry x 2 | 200 | 217 | 9.2 | 18 | 1.00 |
| Nestle After Eight x 4 | 228 | 221 | 9.6 | 18 | 1.50 |
| Aero Creations Chocolate x 4 | 228 | 228 | 9.1 | 20.6 | 1.50 |
| Tesco Finest Mango & Passion Fruit x 1 | 100 | 231 | 10.3 | 18.4 | 0.80 |
| ASDA Toffee x 2 | 200 | 235 | 10 | 21 | 1.00 |
| Sainsbury's Salted Caramel Mousse, Taste the Difference x 1 | 100 | 246 | 10.8 | 19.2 | 0.80 |
| Morrisons The Best Snowdonia Fudge x 1 | 100 | 252 | 10.4 | 25.3 | 0.65 |
| Waitrose Chocolate x 1 | 100 | 261 | 9.9 | 23.2 | 0.80 |
| Finest Butter Scotch x 1 | 100 | 270 | 11.1 | 26 | 0.80 |
| Sainsbury's Mousse Colombian Coffee, Taste the Difference x 1 | 100 | 271 | 11.5 | 23.8 | 0.80 |
| Tesco Finest Belgian Chocolate x 1 | 100 | 285 | 11.6 | 23.9 | 0.80 |
| Bonne Maman Chocolate x 2 | 140 | 295 | 14.1 | 18.8 | 1.50 |
| Morrisons The Best Belgian Chocolate x 1 | 100 | 307 | 12.8 | 25.5 | 0.65 |
| Sainsbury's Mousse Chocolate, Taste the Difference x 1 | 100 | 313 | 12.4 | 29.8 | 0.80 |
| GU Intense Chocolate x 1 | 70 | 322 | 12.5 | 29.7 | 1.75 |
| GU Dark Chocolate and Salted Caramel x 1 | 70 | 353 | 11.9 | 37.8 | 1.75 |

* **Values shown per 100 grams**

Supermarkets Tested

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