|  |  |
| --- | --- |
| Food: | BBQ Sauce |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Skinny Smokey BBQ | 425ml | 4.5 | 0.0 | 0.5 | 3.99 |
| Crucials BBQ Marinade Sauce | 500ml | 27.0 | 0.0 | 6.4 | 1.00 |
| Tesco Reduced Salt & Sugar Bbq Sauce | 470 | 27.6 | 0.1 | 6.0 | 1.00 |
| ASDA Smoky BBQ Marinade & Sauce | 280 | 27.9 | 0.0 | 6.3 | 1.00 |
| Morrisons Bourbon BBQ Sauce | 295 | 28.8 | 0.0 | 6.3 | 1.00 |
| Tesco Top Down Squeezy Bbq Sauce | 480 | 33.6 | 0.0 | 7.8 | 1.00 |
| ASDA Classic BBQ Sauce | 460 | 37.5 | 0.0 | 9.0 | 1.00 |
| HP Honey BBQ Sauce | 465 | 38.7 | 0.0 | 9.2 | 1.50 |
| HP Classic BBQ Sauce | 465 | 39.9 | 0.0 | 9.5 | 1.50 |
| Red's Kansas City BBQ Sauce Mild | 300ml | 39.9 | 0.0 | 9.1 | 1.99 |
| Levi Roots Reggae Reggae Jerk BBQ Sauce | 290 | 41.1 | 0.0 | 9.9 | 1.49 |
| Sainsbury's Spicy BBQ Sauce | 500 | 42.0 | 0.0 | 9.9 | 1.20 |
| Hellmann's Smokey BBQ Sauce | 430ml | 42.3 | 0.0 | 8.7 | 2.00 |
| Sainsbury's BBQ Sauce | 500 | 43.5 | 0.0 | 10.1 | 1.20 |
| Bull's-Eye Original BBQ Sauce | 355 | 48.0 | 0.0 | 11.4 | 1.50 |
| Jack Daniel's Smooth Original Barbecue Sauce | 260 | 48.6 | 0.0 | 11.6 | 1.99 |
| Heinz Korean Style Sticky BBQ Sauce | 220 ml | 52.2 | 0.1 | 11.7 | 1.50 |

* **Values shown per 30g serving**

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*

*\* Indicated calorieking.com calculation*

*\*\* Indicated weight conversion using* [*www.howmany.wik*](http://www.howmany.wik) *before recalculation to grams*

*\*\*\* Indicated sauce has been manually measured based on 15 ML to determine quality in grams*