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| Food: | Chilli Sauce |

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| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Cholula Original Hot Sauce | 150ml | 5.7 | 0.0 | 0.1 | 1.79 |
| Frank's RedHot Original Cayenne Pepper Sauce | 148ml | 7.5 | 0.0 | 0.5 | 1.49 |
| ASDA Jalapeño Chilli Sauce | 155ml | 10.3 | 0.1 | 1.5 | 0.94 |
| ASDA Habanero Chilli Sauce | 155ml | 11.4 | 0.6 | 1.7 | 0.94 |
| Crucials Extra Hot Chilli Sauce | 500ml | 13.5 | 0.1 | 1.9 | 1.00 |
| Blue Dragon Thai Hot Chilli Sriracha Sauce | 435ml | 26.2 | 0.0 | 5.6 | 2.00 |
| Tesco Sriracha Hot Chilli Sauce | 285 | 27.0 | 0.1 | 5.6 | 1.75 |
| Blue Dragon Light Sweet Chilli Sauce | 350 | 40.5 | 0.0 | 9.9 | 1.99 |
| Tesco Sweet Chilli Dipping Sauce | 290 | 48.9 | 0.0 | 11.8 | 1.25 |
| Blue Dragon Mild Sweet Chilli Sauce | 380 | 54.0 | 0.0 | 13.1 | 1.99 |
| Blue Dragon Hot Sweet Chilli Sauce | 380 | 55.2 | 0.0 | 13.1 | 1.99 |
| Blue Dragon Original Sweet Chilli Sauce | 380 | 55.2 | 0.0 | 13.1 | 1.99 |
| Heinz Moreish & Tangy Sweet Chilli Sauce | 220ml | 55.5 | 0.0 | 13.8 | 1.50 |
| Sainsbury's Sweet Chilli Sauce | 300 | 58.5 | 0.0 | 14.4 | 1.25 |
| Hellmann's Garlic and Chilli Sauce | 250ml | 80.1 | 0.9 | 2.6 | 1.69 |

* **Values shown per 30g serving**

Supermarkets Tested

|  |  |  |  |  |  |
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| 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*