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| Food: | Mayonnaise |

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| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| Skinny Garlic And Herb | 425ml | 3.0 | 0.0 | 0.5 | 3.99 |
| Sainsbury's Mayonnaise Squeezy, Be Good To Yourself | 430ml | 27.0 | 0.2 | 3.6 | 1.00 |
| Sainsbury's Reduced Fat Mayonnaise | 730ml | 77.7 | 0.7 | 2.0 | 1.20 |
| Hellmann's Light Mayonnaise | 600 | 79.2 | 0.8 | 1.8 | 2.00 |
| Heinz Seriously Good Light Mayonnaise | 720g | 80.1 | 0.8 | 2.4 | 2.00 |
| Hellmann's Garlic Mayonnaise | 235 | 80.1 | 0.8 | 2.0 | 1.00 |
| ASDA Smart Price Mayonnaise | 500g | 81.6 | 0.6 | 3.0 | 0.41 |
| ASDA Garlic Mayonnaise | 252 | 81.9 | 0.7 | 2.6 | 0.69 |
| Morrisons Light Mayonnaise | 500ml | 82.8 | 1.8 | 0.6 | 1.00 |
| Tesco Light Mayonnaise | 450ml | 85.5 | 0.7 | 3.1 | 0.75 |
| ASDA Light Mayonnaise | 400ml | 85.8 | 0.6 | 1.9 | 0.56 |
| Sainsbury's Mayonnaise, Basics | 500ml | 90.3 | 0.6 | 3.9 | 0.55 |
| essential Waitrose half fat mayonnaise | 250ml | 92.1 | 0.6 | 3.0 | 0.66 |
| Tesco Reduced Calorie Light Mayonnaise | 650ml | 92.4 | 0.8 | 3.3 | 1.05 |
| Nando's Perinaise Peri-Peri Mayonnaise Mild | 265 | 92.7 | 0.6 | 3.9 | 1.50 |
| Nando's Perinaise Peri-Peri Hot Mayonnaise | 265 | 98.1 | 0.7 | 4.2 | 1.50 |
| Tesco Garlic Mayonnaise | 250ml | 99.1 | 0.8 | 3.6 | 1.05 |
| Crucials Garlic & Herb Sauce | 500ml | 109.5 | 0.8 | 1.4 | 1.00 |
| ASDA Garlic & Herb Sauce | 275 | 115.2 | 0.9 | 0.9 | 1.00 |
| Crucials Garlic Flavoured Mayo Dip | 500ml | 134.7 | 1.0 | 1.0 | 1.00 |
| Crucials Garlic Flavoured Mayo Dip | 500ml | 134.7 | 1.0 | 1.0 | 1.00 |
| Sainsbury's French Style Mayonnaise | 500ml | 178.2 | 1.4 | 0.9 | 1.50 |
| ASDA Real Mayonnaise | 500ml | 188.4 | 20.6 | 0.5 | 0.70 |
| essential Waitrose mayonnaise | 500ml | 190.2 | 1.3 | 1.7 | 1.05 |
| Morrisons Mayonnaise | 500ml | 190.8 | 1.5 | 0.6 | 1.00 |
| Heinz Seriously Good Mayonnaise | 680 | 193.2 | 1.6 | 0.9 | 2.00 |
| Morrisons The Best Mayonnaise | 165 | 206.1 | 1.6 | 0.8 | 1.45 |
| Waitrose garlic mayonnaise | 250ml | 213.3 | 1.7 | 2.3 | 1.71 |
| Hellmann's Real Mayonnaise | 600 | 216.3 | 1.9 | 0.4 | 2.00 |
| Sainsbury's Mayonnaise, Thick & Creamy | 500ml | 219.2 | 1.7 | 1.1 | 0.85 |
| Tesco Mayonnaise Real | 450ml | 223.8 | 1.8 | 0.8 | 0.75 |
| Sainsbury's Mayonnaise, SO Organic | 240ml | 225.0 | 2.7 | 2.2 | 1.60 |
| Waitrose Duchy Organic mayonnaise | 250ml | 231.9 | 2.7 | 1.7 | 1.75 |

* **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*