|  |  |
| --- | --- |
| Food: | Mustard |

| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| --- | --- | --- | --- | --- | --- |
| Skinny Mustard & Honey | 425ml | 3.6 | 0.0 | 0.5 | 3.99 |
| ASDA American Style Mustard | 300 | 13.8 | 0.1 | 0.8 | 1.00 |
| essential Waitrose mustard piccalilli | 460 | 16.8 | 0.0 | 2.7 | 1.60 |
| Tesco Mustard Piccalilli | 350 | 18.0 | 0.0 | 3.9 | 1.00 |
| French's Classic Yellow Mustard | 397 | 21.6 | 0.2 | 0.5 | 1.79 |
| ASDA Mustard Piccalilli | 290 | 21.9 | 0.0 | 4.8 | 0.79 |
| Sainsbury's Honey & Mustard Dressing, Be Good To Yourself | 260 | 23.4 | 0.1 | 4.8 | 0.85 |
| Kamis Spicy Sarepta Mustard | 185 | 27.9 | 0.1 | 2.4 | 0.85 |
| ASDA Mild French | 185 | 32.1 | 0.1 | 2.3 | 0.39 |
| Hellmann's American Style Yellow Mustard | 260 | 34.2 | 0.2 | 0.6 | 2.00 |
| Waitrose Mustard with Horseradish | 185 | 34.5 | 0.1 | 1.3 | 1.25 |
| Heinz Yellow Mild Mustard New York Deli Style | 400ml | 35.4 | 0.1 | 2.8 | 2.19 |
| Heinz Yellow Mustard Mild | 220 | 35.4 | 0.1 | 2.8 | 1.69 |
| Sainsbury's Dark French Mustard | 210 | 36.0 | 0.1 | 3.6 | 0.80 |
| Sainsbury's Horseradish Mustard | 205 | 38.4 | 0.1 | 2.5 | 0.80 |
| ASDA Coarse Grain French Mustard | 165 | 38.7 | 0.2 | 1.0 | 0.34 |
| essential Waitrose Dijon mustard | 180 | 42.3 | 0.2 | 0.6 | 0.72 |
| Morrisons French Mustard | 185 | 42.3 | 0.1 | 3.1 | 0.65 |
| Morrisons The Best Dijon Mustard | 190 | 43.5 | 0.2 | 1.2 | 1.50 |
| Morrisons The Best Whole Grain Mustard | 180 | 43.8 | 0.4 | 1.4 | 1.50 |
| Maille Dijon Original Mustard | 215 | 45.0 | 0.2 | 1.1 | 1.49 |
| Tesco American Style Mustard | 370 | 46.5 | 0.2 | 6.5 | 1.40 |
| ASDA Dijon Mustard | 185 | 46.8 | 0.4 | 1.1 | 0.37 |
| Morrisons Dijon Mustard | 185 | 47.1 | 0.2 | 1.7 | 0.65 |
| Sainsbury's American Style Mustard | 325 | 48.0 | 0.2 | 6.7 | 1.25 |
| Tesco Dijon Mustard | 185 | 48.6 | 0.5 | 1.4 | 0.55 |
| Sainsbury's Dijon Mustard | 210 | 50.4 | 0.2 | 1.6 | 0.80 |
| Heinz English Mustard Classic Style Hot | 220ml | 50.7 | 0.2 | 5.1 | 1.69 |
| Maille Wholegrain Mustard | 210 | 52.8 | 0.1 | 2.8 | 1.49 |
| ASDA Hot English Mustard | 180 | 54.0 | 0.8 | 3.6 | 0.37 |
| Tesco English Mustard | 190 | 54.9 | 0.4 | 4.5 | 0.55 |
| essential Waitrose wholegrain mustard | 185 | 55.5 | 0.2 | 1.5 | 0.75 |
| Morrisons Savers English Mustard | 185 | 56.4 | 0.2 | 6.5 | 0.30 |
| Tesco Wholegrain Mustard | 180 | 56.4 | 0.4 | 2.7 | 0.55 |
| Sainsbury's English Mustard | 185 | 57.3 | 0.2 | 5.5 | 0.65 |
| Sainsbury's English Mustard, Basics | 180 | 57.9 | 0.2 | 7.1 | 0.35 |
| Colman's Original English Mustard | 100 | 58.5 | 0.2 | 3.9 | 1.10 |
| Morrisons English Mustard | 185 | 61.5 | 0.2 | 6.0 | 0.60 |
| Sainsbury's Wholegrain Mustard | 205 | 64.8 | 0.3 | 4.2 | 1.50 |
| Sainsbury's Wholegrain Mustard & Chilli | 210 | 65.7 | 0.2 | 4.5 | 0.80 |
| Sainsbury's Wholegrain Mustard & Honey | 210 | 66.0 | 0.2 | 5.4 | 0.80 |
| Morrisons Wholegrain Mustard | 175 | 67.5 | 0.2 | 4.5 | 0.60 |

* **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*