|  |  |
| --- | --- |
| Food: | Peri Peri Sauce |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Nando's Peri-Peri Sauce Medium | 250 | 13.5 | 0.1 | 0.3 | 2.48 |
| Nando's Peri-Peri Sauce Garlic | 250 | 14.7 | 0.1 | 12.6 | 2.48 |
| Sainsbury's Peri Peri Sauce | 155 | 15.6 | 0.1 | 1.1 | 1.00 |
| East End Medium Peri Peri Sauce | 250 | 18.0 | 0.1 | 1.9 | 1.00 |
| East End Garlic Peri Peri Sauce | 250 | 18.3 | 0.1 | 2.0 | 1.00 |
| Nando's Marinade Medium | 262 | 24.6 | 0.1 | 2.4 | 1.99 |

* **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*