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| --- | --- |
| Food: | Ranch Dressing  |

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| ASDA Smoky Buttermilk Ranch Dressing | 250ml | 103.2 | 0.8 | 3.2 | 0.75 |
| Morrisons American Ranch Sauce | 330 | 143.7 | 1.1 | 2.9 | 1.00 |
| Newman's Own Ranch Dressing | 250ml | 150.0 | 2.5 | 2.0 | 1.60 |
| Sainsbury's Ranch Dressing | 250ml | 82.8 | 0.8 | 3.6 | 0.85 |

* **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*