|  |  |
| --- | --- |
| Food: | Salad Cream |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Tesco 50% Less Fat Salad Cream | 535 | 33.9 | 0.2 | 4.1 | 0.90 |
| Stockwell & Co Salad Cream | 540 | 34.5 | 0.2 | 4.0 | 0.61 |
| ASDA Salad Cream 70% Less Fat | 420 | 36.0 | 0.2 | 4.2 | 0.55 |
| ASDA Smart Price Salad Cream | 420 | 36.3 | 0.2 | 3.9 | 0.45 |
| Sainsbury's Salad Cream, Basics | 440 | 41.1 | 0.2 | 3.6 | 0.60 |
| Heinz salad cream 70% reduced fat | 435 | 41.4 | 0.2 | 4.6 | 2.05 |
| Heinz Salad Cream Extra Light | 435 | 41.4 | 0.2 | 4.6 | 2.30 |
| Morrisons Squeezy Light Salad Cream | 450 | 49.5 | 0.5 | 3.1 | 0.90 |
| Sainsbury's Salad Cream, Be Good To Yourself | 440 | 54.9 | 0.3 | 3.6 | 0.90 |
| Heinz Salad Cream | 605 | 65.4 | 0.4 | 4.6 | 2.00 |
| Heinz salad cream 30% less fat | 415 | 65.4 | 0.4 | 4.6 | 2.00 |
| Tesco Salad Cream Squeezy | 520 | 66.9 | 0.5 | 5.5 | 0.90 |
| Tesco Free From Salad Cream | 440 | 69.6 | 0.4 | 5.6 | 1.00 |
| ASDA Free From Salad Cream | 295 | 72.6 | 0.5 | 5.1 | 0.95 |
| essential Waitrose squeezy salad cream | 450 | 85.2 | 0.5 | 5.3 | 1.29 |
| Heinz Salad Cream Original | 605 | 87.9 | 0.5 | 5.6 | 2.00 |
| ASDA Salad Cream | 420 | 92.7 | 0.6 | 5.4 | 0.55 |
| Sainsbury's Salad Cream | 420 | 99.3 | 0.6 | 6.2 | 0.90 |

* **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*