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| --- | --- |
| Food: | Alternative Sauces (Kebab, Curry, Burger and Bacon) |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Skinny Chip shop Curry | 425ml | 4.5 | 0.1 | 0.6 | 3.99 |
| ASDA Chunky Burger Sauce | 275 | 53.4 | 0.3 | 1.9 | 0.84 |
| Sainsbury's Burger Sauce | 300 | 58.5 | 0.4 | 3.2 | 1.20 |
| Tesco Burger Sauce | 250ml | 62.4 | 0.5 | 3.0 | 1.00 |
| Hellmann's Garlic Kebab Sauce | 250ml | 79.8 | 0.6 | 2.6 | 1.69 |
| Heinz Burger Sauce | 220ml | 112.5 | 0.9 | 3.6 | 1.50 |
| Heinz American Style Smokey Baconnaise Sauce | 220ml | 149.1 | 2.5 | 1.7 | 1.69 |

* **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*