|  |  |
| --- | --- |
| Food: | Brown Sauce |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Sainsbury's Brown Sauce, Reduced Salt & Sugar | 450 | 21.9 | 0.0 | 4.9 | 0.90 |
| Sainsbury's Brown Sauce, Basics | 450 | 22.5 | 0.0 | 5.2 | 0.40 |
| HP Expertly Blended Reduced Salt & Sugar Sauce | 450 | 25.8 | 0.0 | 5.9 | 1.50 |
| Tesco Reduced Sugar & Salt Brown Sauce | 460 | 26.4 | 0.1 | 5.1 | 0.90 |
| ASDA Brown Sauce | 540 | 26.7 | 0.0 | 6.0 | 0.38 |
| Daddies Favourite Brown Sauce | 685 | 28.5 | 0.0 | 6.3 | 1.85 |
| Sainsbury's Brown Sauce | 450 | 28.8 | 0.1 | 6.5 | 0.90 |
| Tesco Squeezy Top Down Fruity Brown Sauce | 480 | 30.3 | 0.0 | 6.8 | 0.90 |
| Tesco Squeezy Top Down Brown Sauce | 480 | 31.2 | 0.1 | 6.3 | 0.90 |
| Morrisons Squeezy Brown Sauce | 470 | 31.5 | 0.1 | 6.8 | 1.00 |
| ASDA Brown Sauce | 480 | 32.1 | 0.0 | 7.2 | 0.55 |
| essential Waitrose squeezy brown sauce | 480 | 33.6 | 0.0 | 7.8 | 0.96 |
| Chef Brown Sauce | 485 | 36.6 | 0.0 | 9.0 | 1.50 |
| HP Brown Sauce | 450 | 36.6 | 0.0 | 8.5 | 1.50 |
| HP Fruity Brown Sauce | 470 | 40.5 | 0.0 | 9.5 | 1.50 |
| Stokes Real Brown Sauce | 320 | 48.6 | 0.0 | 11.6 | 2.99 |

* **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*