|  |  |
| --- | --- |
| Food: | Common Flavoured Sauces  |

| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| --- | --- | --- | --- | --- | --- |
| Skinny Garlic And Herb | 425ml | 3.0 | 0.0 | 0.5 | 3.99 |
| Skinny Honey | 425ml | 3.6 | 0.0 | 0.5 | 3.99 |
| Skinny Chip shop Curry | 425ml | 4.5 | 0.1 | 0.6 | 3.99 |
| Skinny Smokey BBQ | 425ml | 4.5 | 0.0 | 0.5 | 3.99 |
| Cholula Original Hot Sauce | 150ml | 5.7 | 0.0 | 0.1 | 1.79 |
| Skinny Tomato Ketchup | 425ml | 6.2 | 0.0 | 1.1 | 3.99 |
| Frank's RedHot Original Cayenne Pepper Sauce | 148ml | 7.5 | 0.0 | 0.5 | 1.49 |
| ASDA Jalapeño Chilli Sauce | 155ml | 10.3 | 0.1 | 1.5 | 0.94 |
| ASDA Habanero Chilli Sauce | 155ml | 11.4 | 0.6 | 1.7 | 0.94 |
| Crucials Extra Hot Chilli Sauce | 500ml | 13.5 | 0.1 | 1.9 | 1.00 |
| Heinz Tomato Ketchup No Added Sugar & Salt | 425 | 13.5 | 2.7 | 1.7 | 1.50 |
| Nando's Peri-Peri Sauce Medium | 250 | 13.5 | 0.1 | 0.3 | 2.48 |
| ASDA American Style Mustard | 300 | 13.8 | 0.1 | 0.8 | 1.00 |
| ASDA Tomato Ketchup No Added Sugar & Salt | 680 | 14.4 | 0.0 | 2.7 | 0.67 |
| 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 |
| essential Waitrose mustard piccalilli | 460 | 16.8 | 0.0 | 2.7 | 1.60 |
| Tesco Top Down Tomato Ketchup Reduced Sugar And Salt | 525 | 17.4 | 0.1 | 3.4 | 0.65 |
| East End Medium Peri Peri Sauce | 250 | 18.0 | 0.1 | 1.9 | 1.00 |
| Tesco Mustard Piccalilli | 350 | 18.0 | 0.0 | 3.9 | 1.00 |
| East End Garlic Peri Peri Sauce | 250 | 18.3 | 0.1 | 2.0 | 1.00 |
| ASDA Tomato Ketchup 50% Reduced Sugar & Salt | 700 | 18.9 | 0.0 | 3.9 | 0.67 |
| Heinz Tomato Ketchup 50% Less Sugar & Salt | 625 | 19.2 | 0.0 | 3.6 | 2.00 |
| Morrisons Reduced Sugar & Salt Tomato Ketchup | 465 | 20.1 | 0.0 | 4.1 | 0.80 |
| Sainsbury's Tomato Ketchup, Reduced Salt | 445 | 20.4 | 0.0 | 3.9 | 0.60 |
| French's Classic Yellow Mustard | 397 | 21.6 | 0.2 | 0.5 | 1.79 |
| ASDA Mustard Piccalilli | 290 | 21.9 | 0.0 | 4.8 | 0.79 |
| 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 |
| Sainsbury's Honey & Mustard Dressing, Be Good To Yourself | 260 | 23.4 | 0.1 | 4.8 | 0.85 |
| Nando's Marinade Medium | 262 | 24.6 | 0.1 | 2.4 | 1.99 |
| HP Expertly Blended Reduced Salt & Sugar Sauce | 450 | 25.8 | 0.0 | 5.9 | 1.50 |
| Blue Dragon Thai Hot Chilli Sriracha Sauce | 435ml | 26.2 | 0.0 | 5.6 | 2.00 |
| 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 |
| Crucials BBQ Marinade Sauce | 500ml | 27.0 | 0.0 | 6.4 | 1.00 |
| Sainsbury's Mayonnaise Squeezy, Be Good To Yourself | 430ml | 27.0 | 0.2 | 3.6 | 1.00 |
| Tesco Sriracha Hot Chilli Sauce | 285 | 27.0 | 0.1 | 5.6 | 1.75 |
| Tesco Reduced Salt & Sugar Bbq Sauce | 470 | 27.6 | 0.1 | 6.0 | 1.00 |
| ASDA Smoky BBQ Marinade & Sauce | 280 | 27.9 | 0.0 | 6.3 | 1.00 |
| Kamis Spicy Sarepta Mustard | 185 | 27.9 | 0.1 | 2.4 | 0.85 |
| Daddies Favourite Brown Sauce | 685 | 28.5 | 0.0 | 6.3 | 1.85 |
| Morrisons Squeezy Tomato Ketchup | 470 | 28.5 | 0.0 | 6.5 | 0.80 |
| Sainsbury's Tomato Ketchup | 460 | 28.5 | 0.0 | 6.0 | 0.60 |
| Morrisons Bourbon BBQ Sauce | 295 | 28.8 | 0.0 | 6.3 | 1.00 |
| Sainsbury's Brown Sauce | 450 | 28.8 | 0.1 | 6.5 | 0.90 |
| Sainsbury's Tomato Ketchup, SO Organic | 460 | 29.4 | 0.0 | 6.6 | 1.50 |
| Tesco Squeezy Top Down Fruity Brown Sauce | 480 | 30.3 | 0.0 | 6.8 | 0.90 |
| Heinz Tomato “Edchup” Ketchup | 460 | 30.6 | 0.0 | 7.0 | 1.50 |
| Heinz Tomato Ketchup | 650 | 30.6 | 0.0 | 7.0 | 2.00 |
| Sainsbury's Tomato Ketchup, Basics | 460 | 30.6 | 0.0 | 7.0 | 0.45 |
| 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 |
| Tesco Top Down Tomato Ketchup | 550 | 31.5 | 0.1 | 7.1 | 0.65 |
| Wloclawek Hot Ketchup | 480 | 31.8 | 0.0 | 6.9 | 1.19 |
| ASDA Brown Sauce | 480 | 32.1 | 0.0 | 7.2 | 0.55 |
| ASDA Mild French | 185 | 32.1 | 0.1 | 2.3 | 0.39 |
| ASDA Classic Tomato Ketchup | 720 | 33.3 | 0.0 | 7.5 | 0.67 |
| Daddies Tomato Ketchup | 685 | 33.3 | 0.0 | 8.1 | 1.85 |
| Tesco Organic Tomato Ketchup | 460 | 33.3 | 0.2 | 6.9 | 1.50 |
| essential Waitrose squeezy brown sauce | 480 | 33.6 | 0.0 | 7.8 | 0.96 |
| Tesco Top Down Squeezy Bbq Sauce | 480 | 33.6 | 0.0 | 7.8 | 1.00 |
| Tesco 50% Less Fat Salad Cream | 535 | 33.9 | 0.2 | 4.1 | 0.90 |
| Hellmann's American Style Yellow Mustard | 260 | 34.2 | 0.2 | 0.6 | 2.00 |
| ASDA Tomato Ketchup (Smart Price) | 500 | 34.5 | 0.0 | 8.1 | 0.40 |
| Osem Kosher Ketchup | 750 | 34.5 | 0.0 | 8.2 | 2.78 |
| Stockwell & Co Salad Cream | 540 | 34.5 | 0.2 | 4.0 | 0.61 |
| Waitrose Mustard with Horseradish | 185 | 34.5 | 0.1 | 1.3 | 1.25 |
| Heinz Yellow Mild Mustard New York Deli Style | 400ml | 35.4 | 0.1 | 2.8 | 2.19 |
| Heinz Yellow Mustard Mild | 220 | 35.4 | 0.1 | 2.8 | 1.69 |
| ASDA Salad Cream 70% Less Fat | 420 | 36.0 | 0.2 | 4.2 | 0.55 |
| Sainsbury's Dark French Mustard | 210 | 36.0 | 0.1 | 3.6 | 0.80 |
| ASDA Smart Price Salad Cream | 420 | 36.3 | 0.2 | 3.9 | 0.45 |
| Chef Brown Sauce | 485 | 36.6 | 0.0 | 9.0 | 1.50 |
| HP Brown Sauce | 450 | 36.6 | 0.0 | 8.5 | 1.50 |
| ASDA Classic BBQ Sauce | 460 | 37.5 | 0.0 | 9.0 | 1.00 |
| Chef Squeezy Tomato Ketchup | 490 | 37.5 | 0.0 | 8.7 | 1.50 |
| Sainsbury's Horseradish Mustard | 205 | 38.4 | 0.1 | 2.5 | 0.80 |
| ASDA Coarse Grain French Mustard | 165 | 38.7 | 0.2 | 1.0 | 0.34 |
| HP Honey BBQ Sauce | 465 | 38.7 | 0.0 | 9.2 | 1.50 |
| HP Classic BBQ Sauce | 465 | 39.9 | 0.0 | 9.5 | 1.50 |
| Red's Kansas City BBQ Sauce Mild | 300ml | 39.9 | 0.0 | 9.1 | 1.99 |
| Blue Dragon Light Sweet Chilli Sauce | 350 | 40.5 | 0.0 | 9.9 | 1.99 |
| HP Fruity Brown Sauce | 470 | 40.5 | 0.0 | 9.5 | 1.50 |
| Levi Roots Reggae Reggae Jerk BBQ Sauce | 290 | 41.1 | 0.0 | 9.9 | 1.49 |
| 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 |
| Sainsbury's Spicy BBQ Sauce | 500 | 42.0 | 0.0 | 9.9 | 1.20 |
| essential Waitrose Dijon mustard | 180 | 42.3 | 0.2 | 0.6 | 0.72 |
| Hellmann's Smokey BBQ Sauce | 430ml | 42.3 | 0.0 | 8.7 | 2.00 |
| Morrisons French Mustard | 185 | 42.3 | 0.1 | 3.1 | 0.65 |
| Morrisons The Best Dijon Mustard | 190 | 43.5 | 0.2 | 1.2 | 1.50 |
| Sainsbury's BBQ Sauce | 500 | 43.5 | 0.0 | 10.1 | 1.20 |
| Morrisons The Best Whole Grain Mustard | 180 | 43.8 | 0.4 | 1.4 | 1.50 |
| Pudliszki Mild Ketchup | 480 | 44.4 | 0.0 | 10.5 | 1.25 |
| Maille Dijon Original Mustard | 215 | 45.0 | 0.2 | 1.1 | 1.49 |
| Tesco American Style Mustard | 370 | 46.5 | 0.2 | 6.5 | 1.40 |
| ASDA Dijon Mustard | 185 | 46.8 | 0.4 | 1.1 | 0.37 |
| Morrisons Dijon Mustard | 185 | 47.1 | 0.2 | 1.7 | 0.65 |
| Bull's-Eye Original BBQ Sauce | 355 | 48.0 | 0.0 | 11.4 | 1.50 |
| Sainsbury's American Style Mustard | 325 | 48.0 | 0.2 | 6.7 | 1.25 |
| Jack Daniel's Smooth Original Barbecue Sauce | 260 | 48.6 | 0.0 | 11.6 | 1.99 |
| Stokes Real Brown Sauce | 320 | 48.6 | 0.0 | 11.6 | 2.99 |
| Tesco Dijon Mustard | 185 | 48.6 | 0.5 | 1.4 | 0.55 |
| Tesco Sweet Chilli Dipping Sauce | 290 | 48.9 | 0.0 | 11.8 | 1.25 |
| Morrisons Squeezy Light Salad Cream | 450 | 49.5 | 0.5 | 3.1 | 0.90 |
| Sainsbury's Dijon Mustard | 210 | 50.4 | 0.2 | 1.6 | 0.80 |
| Heinz English Mustard Classic Style Hot | 220ml | 50.7 | 0.2 | 5.1 | 1.69 |
| Heinz Korean Style Sticky BBQ Sauce | 220 ml | 52.2 | 0.1 | 11.7 | 1.50 |
| Maille Wholegrain Mustard | 210 | 52.8 | 0.1 | 2.8 | 1.49 |
| ASDA Chunky Burger Sauce | 275 | 53.4 | 0.3 | 1.9 | 0.84 |
| ASDA Hot English Mustard | 180 | 54.0 | 0.8 | 3.6 | 0.37 |
| Blue Dragon Mild Sweet Chilli Sauce | 380 | 54.0 | 0.0 | 13.1 | 1.99 |
| Sainsbury's Salad Cream, Be Good To Yourself | 440 | 54.9 | 0.3 | 3.6 | 0.90 |
| Tesco English Mustard | 190 | 54.9 | 0.4 | 4.5 | 0.55 |
| Blue Dragon Hot Sweet Chilli Sauce | 380 | 55.2 | 0.0 | 13.1 | 1.99 |
| Blue Dragon Original Sweet Chilli Sauce | 380 | 55.2 | 0.0 | 13.1 | 1.99 |
| essential Waitrose wholegrain mustard | 185 | 55.5 | 0.2 | 1.5 | 0.75 |
| Heinz Moreish & Tangy Sweet Chilli Sauce | 220ml | 55.5 | 0.0 | 13.8 | 1.50 |
| Morrisons Savers English Mustard | 185 | 56.4 | 0.2 | 6.5 | 0.30 |
| Tesco Wholegrain Mustard | 180 | 56.4 | 0.4 | 2.7 | 0.55 |
| Sainsbury's English Mustard | 185 | 57.3 | 0.2 | 5.5 | 0.65 |
| Sainsbury's English Mustard, Basics | 180 | 57.9 | 0.2 | 7.1 | 0.35 |
| Colman's Original English Mustard | 100 | 58.5 | 0.2 | 3.9 | 1.10 |
| Sainsbury's Burger Sauce | 300 | 58.5 | 0.4 | 3.2 | 1.20 |
| Sainsbury's Sweet Chilli Sauce | 300 | 58.5 | 0.0 | 14.4 | 1.25 |
| Morrisons English Mustard | 185 | 61.5 | 0.2 | 6.0 | 0.60 |
| Tesco Burger Sauce | 250ml | 62.4 | 0.5 | 3.0 | 1.00 |
| Sainsbury's Wholegrain Mustard | 205 | 64.8 | 0.3 | 4.2 | 1.50 |
| 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 |
| Sainsbury's Wholegrain Mustard & Chilli | 210 | 65.7 | 0.2 | 4.5 | 0.80 |
| Sainsbury's Wholegrain Mustard & Honey | 210 | 66.0 | 0.2 | 5.4 | 0.80 |
| Tesco Salad Cream Squeezy | 520 | 66.9 | 0.5 | 5.5 | 0.90 |
| Morrisons Wholegrain Mustard | 175 | 67.5 | 0.2 | 4.5 | 0.60 |
| 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 |
| Sainsbury's Reduced Fat Mayonnaise | 730ml | 77.7 | 0.7 | 2.0 | 1.20 |
| Hellmann's Light Mayonnaise | 600 | 79.2 | 0.8 | 1.8 | 2.00 |
| Hellmann's Garlic Kebab Sauce | 250ml | 79.8 | 0.6 | 2.6 | 1.69 |
| Heinz Seriously Good Light Mayonnaise | 720g | 80.1 | 0.8 | 2.4 | 2.00 |
| Hellmann's Garlic and Chilli Sauce | 250ml | 80.1 | 0.9 | 2.6 | 1.69 |
| Hellmann's Garlic Mayonnaise | 235 | 80.1 | 0.8 | 2.0 | 1.00 |
| ASDA Smart Price Mayonnaise | 500g | 81.6 | 0.6 | 3.0 | 0.41 |
| ASDA Garlic Mayonnaise | 252 | 81.9 | 0.7 | 2.6 | 0.69 |
| Morrisons Light Mayonnaise | 500ml | 82.8 | 1.8 | 0.6 | 1.00 |
| Sainsbury's Ranch Dressing | 250ml | 82.8 | 0.8 | 3.6 | 0.85 |
| essential Waitrose squeezy salad cream | 450 | 85.2 | 0.5 | 5.3 | 1.29 |
| Tesco Light Mayonnaise | 450ml | 85.5 | 0.7 | 3.1 | 0.75 |
| ASDA Light Mayonnaise | 400ml | 85.8 | 0.6 | 1.9 | 0.56 |
| Heinz Salad Cream Original | 605 | 87.9 | 0.5 | 5.6 | 2.00 |
| Sainsbury's Mayonnaise, Basics | 500ml | 90.3 | 0.6 | 3.9 | 0.55 |
| essential Waitrose half fat mayonnaise | 250ml | 92.1 | 0.6 | 3.0 | 0.66 |
| Tesco Reduced Calorie Light Mayonnaise | 650ml | 92.4 | 0.8 | 3.3 | 1.05 |
| ASDA Salad Cream | 420 | 92.7 | 0.6 | 5.4 | 0.55 |
| Nando's Perinaise Peri-Peri Mayonnaise Mild | 265 | 92.7 | 0.6 | 3.9 | 1.50 |
| Nando's Perinaise Peri-Peri Hot Mayonnaise | 265 | 98.1 | 0.7 | 4.2 | 1.50 |
| Tesco Garlic Mayonnaise | 250ml | 99.1 | 0.8 | 3.6 | 1.05 |
| Sainsbury's Salad Cream | 420 | 99.3 | 0.6 | 6.2 | 0.90 |
| ASDA Smoky Buttermilk Ranch Dressing | 250ml | 103.2 | 0.8 | 3.2 | 0.75 |
| Crucials Garlic & Herb Sauce | 500ml | 109.5 | 0.8 | 1.4 | 1.00 |
| Heinz Burger Sauce | 220ml | 112.5 | 0.9 | 3.6 | 1.50 |
| ASDA Garlic & Herb Sauce | 275 | 115.2 | 0.9 | 0.9 | 1.00 |
| Crucials Garlic Flavoured Mayo Dip | 500ml | 134.7 | 1.0 | 1.0 | 1.00 |
| Crucials Garlic Flavoured Mayo Dip | 500ml | 134.7 | 1.0 | 1.0 | 1.00 |
| Morrisons American Ranch Sauce | 330 | 143.7 | 1.1 | 2.9 | 1.00 |
| Heinz American Style Smokey Baconnaise Sauce | 220ml | 149.1 | 2.5 | 1.7 | 1.69 |
| Newman's Own Ranch Dressing \* | 250ml | 150.0 | 2.5 | 2.0 | 1.60 |
| Sainsbury's French Style Mayonnaise | 500ml | 178.2 | 1.4 | 0.9 | 1.50 |
| ASDA Real Mayonnaise | 500ml | 188.4 | 20.6 | 0.5 | 0.70 |
| essential Waitrose mayonnaise | 500ml | 190.2 | 1.3 | 1.7 | 1.05 |
| Morrisons Mayonnaise | 500ml | 190.8 | 1.5 | 0.6 | 1.00 |
| Heinz Seriously Good Mayonnaise | 680 | 193.2 | 1.6 | 0.9 | 2.00 |
| Morrisons The Best Mayonnaise | 165 | 206.1 | 1.6 | 0.8 | 1.45 |
| Waitrose garlic mayonnaise | 250ml | 213.3 | 1.7 | 2.3 | 1.71 |
| Hellmann's Real Mayonnaise | 600 | 216.3 | 1.9 | 0.4 | 2.00 |
| Sainsbury's Mayonnaise, Thick & Creamy | 500ml | 219.2 | 1.7 | 1.1 | 0.85 |
| Tesco Mayonnaise Real | 450ml | 223.8 | 1.8 | 0.8 | 0.75 |
| Sainsbury's Mayonnaise, SO Organic | 240ml | 225.0 | 2.7 | 2.2 | 1.60 |
| Waitrose Duchy Organic mayonnaise | 250ml | 231.9 | 2.7 | 1.7 | 1.75 |

* **Values shown per 30g serving**

| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| --- | --- | --- | --- | --- | --- |
| Skinny Garlic And Herb | 425ml | 10 | 0 | 1.6 | 3.99 |
| Skinny Honey | 425ml | 12 | 0 | 1.7 | 3.99 |
| Skinny Chip shop Curry | 425ml | 15 | 0.4 | 1.9 | 3.99 |
| Skinny Smokey BBQ | 425ml | 15 | 0 | 1.7 | 3.99 |
| Cholula Original Hot Sauce | 150ml | 19 | 0 | 0.4 | 1.79 |
| Skinny Tomato Ketchup | 425ml | 20.6 | 0 | 3.8 | 3.99 |
| Frank's RedHot Original Cayenne Pepper Sauce | 148ml | 25 | 0.1 | 1.8 | 1.49 |
| ASDA Jalapeño Chilli Sauce | 155ml | 34.4 | 0.2 | 4.9 | 0.94 |
| ASDA Habanero Chilli Sauce | 155ml | 37.9 | 1.9 | 5.7 | 0.94 |
| Crucials Extra Hot Chilli Sauce | 500ml | 45 | 0.3 | 6.4 | 1.00 |
| Heinz Tomato Ketchup No Added Sugar & Salt | 425 | 45 | 9 | 5.7 | 1.50 |
| Nando's Peri-Peri Sauce Medium | 250 | 45 | 0.3 | 1.1 | 2.48 |
| ASDA American Style Mustard | 300 | 46 | 0.2 | 2.5 | 1.00 |
| ASDA Tomato Ketchup No Added Sugar & Salt | 680 | 48 | 0.05 | 8.9 | 0.67 |
| Nando's Peri-Peri Sauce Garlic | 250 | 49 | 0.3 | 42 | 2.48 |
| Sainsbury's Peri Peri Sauce | 155 | 52 | 0.4 | 3.7 | 1.00 |
| essential Waitrose mustard piccalilli | 460 | 56 | 0.1 | 9.1 | 1.60 |
| Tesco Top Down Tomato Ketchup Reduced Sugar And Salt | 525 | 58 | 0.3 | 11.3 | 0.65 |
| East End Medium Peri Peri Sauce | 250 | 60 | 0.2 | 6.2 | 1.00 |
| Tesco Mustard Piccalilli | 350 | 60 | 0.1 | 12.9 | 1.00 |
| East End Garlic Peri Peri Sauce | 250 | 61 | 0.2 | 6.6 | 1.00 |
| ASDA Tomato Ketchup 50% Reduced Sugar & Salt | 700 | 63 | 0 | 13 | 0.67 |
| Heinz Tomato Ketchup 50% Less Sugar & Salt | 625 | 64 | 0 | 12 | 2.00 |
| Morrisons Reduced Sugar & Salt Tomato Ketchup | 465 | 67 | 0.0 | 13.6 | 0.80 |
| Sainsbury's Tomato Ketchup, Reduced Salt | 445 | 68 | 0.05 | 13 | 0.60 |
| French's Classic Yellow Mustard | 397 | 72 | 0.8 | 1.6 | 1.79 |
| ASDA Mustard Piccalilli | 290 | 73 | 0.05 | 16 | 0.79 |
| Sainsbury's Brown Sauce, Reduced Salt & Sugar | 450 | 73 | 0.05 | 16.4 | 0.90 |
| Sainsbury's Brown Sauce, Basics | 450 | 75 | 0.05 | 17.4 | 0.40 |
| Sainsbury's Honey & Mustard Dressing, Be Good To Yourself | 260 | 78 | 0.4 | 16.1 | 0.85 |
| Nando's Marinade Medium | 262 | 82 | 0.4 | 8.1 | 1.99 |
| HP Expertly Blended Reduced Salt & Sugar Sauce | 450 | 86 | 0 | 19.5 | 1.50 |
| Blue Dragon Thai Hot Chilli Sriracha Sauce | 435ml | 87.4 | 0.1 | 18.5 | 2.00 |
| Tesco Reduced Sugar & Salt Brown Sauce | 460 | 88 | 0.2 | 17.1 | 0.90 |
| ASDA Brown Sauce | 540 | 89 | 0.05 | 20 | 0.38 |
| Crucials BBQ Marinade Sauce | 500ml | 90 | 0.05 | 21.3 | 1.00 |
| Sainsbury's Mayonnaise Squeezy, Be Good To Yourself | 430ml | 90 | 0.6 | 12 | 1.00 |
| Tesco Sriracha Hot Chilli Sauce | 285 | 90 | 0.2 | 18.7 | 1.75 |
| Tesco Reduced Salt & Sugar Bbq Sauce | 470 | 92 | 0.2 | 20 | 1.00 |
| ASDA Smoky BBQ Marinade & Sauce | 280 | 93 | 0.05 | 21 | 1.00 |
| Kamis Spicy Sarepta Mustard | 185 | 93 | 0.2 | 7.9 | 0.85 |
| Daddies Favourite Brown Sauce | 685 | 95 | 0 | 21 | 1.85 |
| Morrisons Squeezy Tomato Ketchup | 470 | 95 | 0.1 | 21.7 | 0.80 |
| Sainsbury's Tomato Ketchup | 460 | 95 | 0.05 | 19.9 | 0.60 |
| Morrisons Bourbon BBQ Sauce | 295 | 96 | 0.1 | 21.1 | 1.00 |
| Sainsbury's Brown Sauce | 450 | 96 | 0.2 | 21.6 | 0.90 |
| Sainsbury's Tomato Ketchup, SO Organic | 460 | 98 | 0.05 | 22.1 | 1.50 |
| Tesco Squeezy Top Down Fruity Brown Sauce | 480 | 101 | 0 | 22.7 | 0.90 |
| Heinz Tomato “Edchup” Ketchup | 460 | 102 | 0 | 23.2 | 1.50 |
| Heinz Tomato Ketchup | 650 | 102 | 0 | 23.2 | 2.00 |
| Sainsbury's Tomato Ketchup, Basics | 460 | 102 | 0.05 | 23.3 | 0.45 |
| Tesco Squeezy Top Down Brown Sauce | 480 | 104 | 0.2 | 20.9 | 0.90 |
| Morrisons Squeezy Brown Sauce | 470 | 105 | 0.2 | 22.7 | 1.00 |
| Tesco Top Down Tomato Ketchup | 550 | 105 | 0.3 | 23.6 | 0.65 |
| Wloclawek Hot Ketchup | 480 | 106 | 0.05 | 23 | 1.19 |
| ASDA Brown Sauce | 480 | 107 | 0.05 | 24 | 0.55 |
| ASDA Mild French | 185 | 107 | 0.2 | 7.5 | 0.39 |
| ASDA Classic Tomato Ketchup | 720 | 111 | 0 | 25 | 0.67 |
| Daddies Tomato Ketchup | 685 | 111 | 0 | 27 | 1.85 |
| Tesco Organic Tomato Ketchup | 460 | 111 | 0.5 | 23 | 1.50 |
| essential Waitrose squeezy brown sauce | 480 | 112 | 0.1 | 26.1 | 0.96 |
| Tesco Top Down Squeezy Bbq Sauce | 480 | 112 | 0.05 | 26 | 1.00 |
| Tesco 50% Less Fat Salad Cream | 535 | 113 | 0.6 | 13.6 | 0.90 |
| Hellmann's American Style Yellow Mustard | 260 | 114 | 0.5 | 2 | 2.00 |
| ASDA Tomato Ketchup (Smart Price) | 500 | 115 | 0 | 27 | 0.40 |
| Osem Kosher Ketchup | 750 | 115 | 0 | 27.3 | 2.78 |
| Stockwell & Co Salad Cream | 540 | 115 | 0.6 | 13.3 | 0.61 |
| Waitrose Mustard with Horseradish | 185 | 115 | 0.4 | 4.4 | 1.25 |
| Heinz Yellow Mild Mustard New York Deli Style | 400ml | 118 | 0.3 | 9.3 | 2.19 |
| Heinz Yellow Mustard Mild | 220 | 118 | 0.3 | 9.3 | 1.69 |
| ASDA Salad Cream 70% Less Fat | 420 | 120 | 0.5 | 14 | 0.55 |
| Sainsbury's Dark French Mustard | 210 | 120 | 0.2 | 11.9 | 0.80 |
| ASDA Smart Price Salad Cream | 420 | 121 | 0.6 | 13 | 0.45 |
| Chef Brown Sauce | 485 | 122 | 0 | 30 | 1.50 |
| HP Brown Sauce | 450 | 122 | 0 | 28.3 | 1.50 |
| ASDA Classic BBQ Sauce | 460 | 125 | 0.05 | 30 | 1.00 |
| Chef Squeezy Tomato Ketchup | 490 | 125 | 0 | 29 | 1.50 |
| Sainsbury's Horseradish Mustard | 205 | 128 | 0.4 | 8.3 | 0.80 |
| ASDA Coarse Grain French Mustard | 165 | 129 | 0.7 | 3.3 | 0.34 |
| HP Honey BBQ Sauce | 465 | 129 | 0 | 30.6 | 1.50 |
| HP Classic BBQ Sauce | 465 | 133 | 0 | 31.5 | 1.50 |
| Red's Kansas City BBQ Sauce Mild | 300ml | 133 | 0.1 | 30.3 | 1.99 |
| Blue Dragon Light Sweet Chilli Sauce | 350 | 135 | 0 | 33 | 1.99 |
| HP Fruity Brown Sauce | 470 | 135 | 0 | 31.5 | 1.50 |
| Levi Roots Reggae Reggae Jerk BBQ Sauce | 290 | 137 | 0 | 33 | 1.49 |
| Sainsbury's Salad Cream, Basics | 440 | 137 | 0.7 | 12.1 | 0.60 |
| Heinz salad cream 70% reduced fat | 435 | 138 | 0.8 | 15.3 | 2.05 |
| Heinz Salad Cream Extra Light | 435 | 138 | 0.8 | 15.3 | 2.30 |
| Sainsbury's Spicy BBQ Sauce | 500 | 140 | 0.05 | 32.9 | 1.20 |
| essential Waitrose Dijon mustard | 180 | 141 | 0.6 | 2.0 | 0.72 |
| Hellmann's Smokey BBQ Sauce | 430ml | 141 | 0.05 | 29 | 2.00 |
| Morrisons French Mustard | 185 | 141 | 0.4 | 10.4 | 0.65 |
| Morrisons The Best Dijon Mustard | 190 | 145 | 0.8 | 4.1 | 1.50 |
| Sainsbury's BBQ Sauce | 500 | 145 | 0.05 | 33.7 | 1.20 |
| Morrisons The Best Whole Grain Mustard | 180 | 146 | 1.2 | 4.6 | 1.50 |
| Pudliszki Mild Ketchup | 480 | 148 | 0.05 | 35 | 1.25 |
| Maille Dijon Original Mustard | 215 | 150 | 0.6 | 3.5 | 1.49 |
| Tesco American Style Mustard | 370 | 155 | 0.7 | 21.6 | 1.40 |
| ASDA Dijon Mustard | 185 | 156 | 1.3 | 3.7 | 0.37 |
| Morrisons Dijon Mustard | 185 | 157 | 0.8 | 5.5 | 0.65 |
| Bull's-Eye Original BBQ Sauce | 355 | 160 | 0 | 38 | 1.50 |
| Sainsbury's American Style Mustard | 325 | 160 | 0.7 | 22.3 | 1.25 |
| Jack Daniel's Smooth Original Barbecue Sauce | 260 | 162 | 0 | 38.8 | 1.99 |
| Stokes Real Brown Sauce | 320 | 162 | 0 | 38.8 | 2.99 |
| Tesco Dijon Mustard | 185 | 162 | 1.5 | 4.8 | 0.55 |
| Tesco Sweet Chilli Dipping Sauce | 290 | 163 | 0.1 | 39.3 | 1.25 |
| Morrisons Squeezy Light Salad Cream | 450 | 165 | 1.6 | 10.4 | 0.90 |
| Sainsbury's Dijon Mustard | 210 | 168 | 0.6 | 5.4 | 0.80 |
| Heinz English Mustard Classic Style Hot | 220ml | 169 | 0.5 | 17.1 | 1.69 |
| Heinz Korean Style Sticky BBQ Sauce | 220 ml | 174 | 0.4 | 39 | 1.50 |
| Maille Wholegrain Mustard | 210 | 176 | 0.4 | 9.4 | 1.49 |
| ASDA Chunky Burger Sauce | 275 | 178 | 1.1 | 6.4 | 0.84 |
| ASDA Hot English Mustard | 180 | 180 | 2.6 | 12 | 0.37 |
| Blue Dragon Mild Sweet Chilli Sauce | 380 | 180 | 0 | 43.6 | 1.99 |
| Sainsbury's Salad Cream, Be Good To Yourself | 440 | 183 | 1.1 | 12.1 | 0.90 |
| Tesco English Mustard | 190 | 183 | 1.4 | 14.9 | 0.55 |
| Blue Dragon Hot Sweet Chilli Sauce | 380 | 184 | 0.05 | 43.6 | 1.99 |
| Blue Dragon Original Sweet Chilli Sauce | 380 | 184 | 0.1 | 43.6 | 1.99 |
| essential Waitrose wholegrain mustard | 185 | 185 | 0.7 | 5.1 | 0.75 |
| Heinz Moreish & Tangy Sweet Chilli Sauce | 220ml | 185 | 0 | 46 | 1.50 |
| Morrisons Savers English Mustard | 185 | 188 | 0.5 | 21.5 | 0.30 |
| Tesco Wholegrain Mustard | 180 | 188 | 1.4 | 9 | 0.55 |
| Sainsbury's English Mustard | 185 | 191 | 0.5 | 18.4 | 0.65 |
| Sainsbury's English Mustard, Basics | 180 | 193 | 0.5 | 23.6 | 0.35 |
| Colman's Original English Mustard | 100 | 195 | 0.7 | 13 | 1.10 |
| Sainsbury's Burger Sauce | 300 | 195 | 1.2 | 10.5 | 1.20 |
| Sainsbury's Sweet Chilli Sauce | 300 | 195 | 0.05 | 48.1 | 1.25 |
| Morrisons English Mustard | 185 | 205 | 0.6 | 20.1 | 0.60 |
| Tesco Burger Sauce | 250ml | 208 | 1.5 | 10.1 | 1.00 |
| Sainsbury's Wholegrain Mustard | 205 | 216 | 1.0 | 14 | 1.50 |
| Heinz Salad Cream | 605 | 218 | 1.4 | 15.3 | 2.00 |
| Heinz salad cream 30% less fat | 415 | 218 | 1.4 | 15.3 | 2.00 |
| Sainsbury's Wholegrain Mustard & Chilli | 210 | 219 | 0.8 | 14.9 | 0.80 |
| Sainsbury's Wholegrain Mustard & Honey | 210 | 220 | 0.6 | 18 | 0.80 |
| Tesco Salad Cream Squeezy | 520 | 223 | 1.7 | 18.2 | 0.90 |
| Morrisons Wholegrain Mustard | 175 | 225 | 0.8 | 15.1 | 0.60 |
| Tesco Free From Salad Cream | 440 | 232 | 1.2 | 18.8 | 1.00 |
| ASDA Free From Salad Cream | 295 | 242 | 1.5 | 17 | 0.95 |
| Sainsbury's Reduced Fat Mayonnaise | 730ml | 259 | 2.2 | 6.7 | 1.20 |
| Hellmann's Light Mayonnaise | 600 | 264 | 2.6 | 6 | 2.00 |
| Hellmann's Garlic Kebab Sauce | 250ml | 266 | 2 | 8.8 | 1.69 |
| Heinz Seriously Good Light Mayonnaise | 720g | 267 | 2.5 | 8 | 2.00 |
| Hellmann's Garlic and Chilli Sauce | 250ml | 267 | 3.1 | 8.7 | 1.69 |
| Hellmann's Garlic Mayonnaise | 235 | 267 | 2.7 | 6.7 | 1.00 |
| ASDA Smart Price Mayonnaise | 500g | 272 | 1.9 | 9.9 | 0.41 |
| ASDA Garlic Mayonnaise | 252 | 273 | 2.2 | 8.6 | 0.69 |
| Morrisons Light Mayonnaise | 500ml | 276 | 6.1 | 2 | 1.00 |
| Sainsbury's Ranch Dressing | 250ml | 276 | 2.7 | 11.9 | 0.85 |
| essential Waitrose squeezy salad cream | 450 | 284 | 1.6 | 17.6 | 1.29 |
| Tesco Light Mayonnaise | 450ml | 285 | 2.3 | 10.3 | 0.75 |
| ASDA Light Mayonnaise | 400ml | 286 | 2 | 6.2 | 0.56 |
| Heinz Salad Cream Original | 605 | 293 | 1.8 | 18.5 | 2.00 |
| Sainsbury's Mayonnaise, Basics | 500ml | 301 | 2.1 | 13.1 | 0.55 |
| essential Waitrose half fat mayonnaise | 250ml | 307 | 1.9 | 10.1 | 0.66 |
| Tesco Reduced Calorie Light Mayonnaise | 650ml | 308 | 2.5 | 11.1 | 1.05 |
| ASDA Salad Cream | 420 | 309 | 2.1 | 18 | 0.55 |
| Nando's Perinaise Peri-Peri Mayonnaise Mild | 265 | 309 | 2.0 | 13 | 1.50 |
| Nando's Perinaise Peri-Peri Hot Mayonnaise | 265 | 327 | 2.2 | 14 | 1.50 |
| Tesco Garlic Mayonnaise | 250ml | 330.2 | 2.5 | 11.9 | 1.05 |
| Sainsbury's Salad Cream | 420 | 331 | 2.0 | 20.8 | 0.90 |
| ASDA Smoky Buttermilk Ranch Dressing | 250ml | 344 | 2.8 | 10.8 | 0.75 |
| Crucials Garlic & Herb Sauce | 500ml | 365 | 2.6 | 4.6 | 1.00 |
| Heinz Burger Sauce | 220ml | 375 | 3.1 | 12 | 1.50 |
| ASDA Garlic & Herb Sauce | 275 | 384 | 3.0 | 3.1 | 1.00 |
| Crucials Garlic Flavoured Mayo Dip | 500ml | 449 | 3.3 | 3.2 | 1.00 |
| Crucials Garlic Flavoured Mayo Dip | 500ml | 449 | 3.3 | 3.2 | 1.00 |
| Morrisons American Ranch Sauce | 330 | 479 | 3.5 | 9.8 | 1.00 |
| Heinz American Style Smokey Baconnaise Sauce | 220ml | 497 | 8.2 | 5.6 | 1.69 |
| Newman's Own Ranch Dressing \* | 250ml | 500 | 8.3 | 6.7 | 1.60 |
| Sainsbury's French Style Mayonnaise | 500ml | 594 | 4.8 | 3.1 | 1.50 |
| ASDA Real Mayonnaise | 500ml | 628 | 68.6 | 1.6 | 0.70 |
| essential Waitrose mayonnaise | 500ml | 634 | 4.4 | 5.5 | 1.05 |
| Morrisons Mayonnaise | 500ml | 636 | 4.9 | 1.9 | 1.00 |
| Heinz Seriously Good Mayonnaise | 680 | 644 | 5.3 | 3 | 2.00 |
| Morrisons The Best Mayonnaise | 165 | 687 | 5.3 | 2.5 | 1.45 |
| Waitrose garlic mayonnaise | 250ml | 711 | 5.8 | 7.6 | 1.71 |
| Hellmann's Real Mayonnaise | 600 | 721 | 6.2 | 1.3 | 2.00 |
| Sainsbury's Mayonnaise, Thick & Creamy | 500ml | 730.6 | 5.6 | 3.8 | 0.85 |
| Tesco Mayonnaise Real | 450ml | 746 | 5.9 | 2.7 | 0.75 |
| Sainsbury's Mayonnaise, SO Organic | 240ml | 750 | 9 | 7.2 | 1.60 |
| Waitrose Duchy Organic mayonnaise | 250ml | 773 | 9 | 5.5 | 1.75 |

* **Values shown per 100g unless otherwise stated**

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*