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| Food: | Smoked Salmon  |

| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| --- | --- | --- | --- | --- | --- |
| John Ross Jr. Scottish smoked Scottish salmon | 200 | 102 | 3.8 | 0.6 | 6.99 |
| Inverawe sliced Scottish smoked salmon | 100 | 126 | 0.8 | 1.3 | 5.99 |
| Waitrose wild Alaskan smoked salmon, 4 slices | 100 | 126 | 0.7 | 1.2 | 6.99 |
| Tesco Smoked Salmon Sushi | 58 | 148 | 0.6 | 27.4 | 1.00 |
| Wild Smoked Sockeye Salmon | 100 | 155 | 1.3 | 0.5 | 6.25 |
| Leap Wild Alaskan Smoked Sockeye Salmon | 100 | 155 | 1.3 | 0.5 | 6.39 |
| Waitrose Duchy Organic mild smoked salmon, 4 slices | 120 | 156 | 1.6 | 0.05 | 6.99 |
| Grants Traditional Smoked Scottish Salmon | 300 | 157 | 2.1 | 0.3 | 7.99 |
| Scottish Monarch Smoked Scottish Salmon | 90 | 157 | 2.3 | 0.3 | 2.09 |
| Sainsbury's Lemon & Pepper Smoked Salmon with Sicilian Lemon Oil | 100 | 160 | 1.1 | 1.3 | 3.75 |
| ASDA Smoked Salmon | 120 | 163 | 1.5 | 0.6 | 3.00 |
| Tesco Finest Lemon And Pepper Smoked Salmon | 120 | 164 | 1.1 | 3.4 | 4.80 |
| Connoisseur Norwegian Traditionally Smoked Salmon | 100 | 166 | 1.6 | 0.0 | 3.00 |
| H. Forman & Son Smoked Salmon | 100 | 168 | 0.8 | 0.05 | 6.25 |
| Formans Smoked Salmon Pellicle | 100 | 168 | 0.8 | 0.05 | 3.75 |
| Waitrose 1 Peat & Heather Scottish smoked salmon | 100 | 173 | 3.0 | 0.05 | 5.99 |
| Waitrose Scottish smoked salmon pieces | 100 | 174 | 2.2 | 0.05 | 3.99 |
| Sainsbury's Smoked Salmon Trimmings | 100 | 176 | 1.5 | 1.4 | 2.50 |
| Waitrose 1 Chestnut Smoked Scottish Salmon | 100 | 176 | 1.6 | 0.6 | 5.99 |
| ASDA Extra Special 4 Smoked Salmon Stars | 180 | 177 | 5.9 | 2.3 | 1.88 |
| Waitrose 2 lightly smoked salmon fillets | 240 | 179 | 2.0 | 0.0 | 5.24 |
| Tesco 6 Smoked Salmon For Sandwiches | 100 | 180 | 1.7 | 3.6 | 3.75 |
| Heston from Waitrose lapsang souchong tea smoked salmon, 4 slices | 100 | 181 | 2.0 | 0.05 | 5.49 |
| Tesco Finest Scottish Smoked Salmon | 120 | 184 | 1.7 | 1.4 | 4.80 |
| Tesco Finest Scottish Smoked Salmon | 60 | 184 | 1.7 | 1.4 | 2.70 |
| Waitrose mild Scottish smoked salmon | 100 | 184 | 2.7 | 0.05 | 4.99 |
| Tesco Smoked Salmon | 120 | 185 | 1.7 | 1.5 | 3.00 |
| Waitrose Gin & Botanicals Smoked Salmon | 100 | 185 | 1.9 | 2.5 | 4.49 |
| Harbour Smokehouse Salmon | 100 | 188 | 1.7 | 3.3 | 2.95 |
| Sainsbury's Scottish Smoked Salmon Sandwich Slices | 100 | 196 | 1.5 | 1.1 | 3.75 |
| Sainsbury's Oak Smoked Scottish Salmon, Taste the Difference | 100 | 196 | 1.8 | 0.9 | 4.35 |
| ASDA Smoked Salmon Trimmings | 120 | 198 | 2.2 | 0.05 | 1.65 |
| ASDA Extra Special Mild & Delicate Smoked Salmon | 120 | 200 | 2.0 | 0.05 | 3.99 |
| Suempol Smoked Salmon | 100 | 200 | 1.5 | 0.8 | 2.70 |
| ASDA Extra Special Rich & Intense Smoked Salmon | 120 | 203 | 1.9 | 0.05 | 3.99 |
| Morrisons The Best Scottish Smoked Salmon Slices | 120 | 203 | 2.2 | 0.5 | 4.50 |
| Sainsbury's Mild Smoked Salmon | 100 | 204 | 2.0 | 1.1 | 3.25 |
| Ghillie & Glen Scottish smoked salmon minimum 6 slices | 200 | 204 | 5.2 | 0.2 | 6.99 |
| Sainsbury's Scottish Smoked Salmon with Dill & Mustard Dressing | 130 | 211 | 2.2 | 3.9 | 4.25 |
| Tesco Finest Gravadlax Smoked Salmon | 160 | 213 | 1.8 | 7.8 | 4.80 |
| Tesco Finest Counter Traditional Smoked Salmon Fillet | 130 | 216 | 1.8 | 0.0 | 2.75 |
| Bleiker's Traditional Oak Smoked Salmon | 100 | 223 | 2.0 | 0.0 | 2.69 |
| Morrisons The Best Scottish Smoked Salmon With Treacle | 120 | 226 | 2.3 | 6.8 | 5.00 |
| Sainsbury's Salmon Fillet, Lightly Smoked, Taste the Difference x2 | 240 | 226 | 2.3 | 0.05 | 5.95 |
| 2 Tandoori Spiced Hot Smoked Salmon Fillets | 180 | 228 | 2.2 | 5.2 | 4.50 |
| Sainsbury's Hebridean Kiln Dried Smoked Salmon, Taste the Difference | 100 | 229 | 2.4 | 0.05 | 3.85 |
| Tesco Hot Smoked Salmon Fillets | 180 | 234 | 2.4 | 1.1 | 4.50 |
| Tesco 2 Sweet Chill Hot Smoked Salmon Fillets | 180 | 234 | 2.1 | 4.6 | 4.50 |
| Sainsbury's Maple & Thyme Smoked Salmon Slices | 150 | 234 | 2.3 | 2.7 | 4.50 |
| ASDA Kiln Roasted Salmon Flakes | 120 | 235 | 2.2 | 0.8 | 3.50 |
| Morrisons Smoked Salmon | 60 | 238 | 4.0 | 0.5 | 2.00 |
| Morrisons 2 Lightly Smoked Salmon Fillets 2 | 240 | 238 | 2.1 | 0.5 | 5.00 |
| 12 Smoked Salmon Canapes | 100 | 241 | 6.1 | 4.1 | 3.00 |
| Morrisons Hot Smoked Sweet Chili Salmon | 180 | 241 | 2.1 | 2.8 | 4.00 |
| Sainsbury's Gin & Juniper Smoked Salmon | 100 | 243 | 2.9 | 1.0 | 3.95 |
| Waitrose Hot Smoked Salmon with Sweet Chilli | 160 | 247 | 2.1 | 4.5 | 5.00 |
| ASDA Kiln Roasted Lemon & Parsley Salmon Fillets | 180 | 251 | 2.7 | 2.9 | 3.99 |
| ASDA Chipotle Chilli Roasted Salmon Fillets | 180 | 258 | 2.4 | 1.9 | 3.99 |
| Morrisons Hot Smoked Honey Roast Salmon Fillets 2 Pack | 180 | 303 | 3.1 | 4.0 | 4.00 |

* Values shown per 100 grams

Supermarkets Tested

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| 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*