|  |  |
| --- | --- |
| Food: | Broccoli |

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Pack  Price  (£0.00) |
| Budget Frozen | 1000 | 34 | 0.02 | 2.8 | 0.90 |
| Supermarket Frozen | 1000 | 34 | 0.02 | 2.8 | 0.95 |
| Organic Fresh | 300 | 34 | 0.1 | 2.8 | 1.00 |
| Supermarket Fresh | 360 | 34 | 0.1 | 2.8 | 0.58 |
| Locally Grown / Market | 300 | 34 | 0.02 | 2.8 | 0.80 |

Per 100g Rather Than Pack

Supermarkets Tested

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ASDA | Tesco | Morrisons | Sainsburys | Waitrose | Able & Cole | ICELAND |
| YES | Similar | Similar | Similar | Similar | Similar | YES |

*N/A Indicates Either Nutrition Information Not Available on the Company’s Website or the Company Doesn’t Supply This Brand*