|  |  |
| --- | --- |
| Food: | Cabbage (White) |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Pack  Price  (£0.00) |
| Supermarket Frozen | 750 | 21 | 0.0 | 2.3 | 0.95 |
| Organic Fresh | 1000 | 22 | 0.0 | 2.8 | 2.00 |
| Locally Grown / Market | 1000 | 24 | 0.0 | 3.4 | 1.30 |
| Supermarket Fresh | 1200 | 30 | 0.1 | 4.8 | 0.78 |

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*