|  |  |
| --- | --- |
| Food: | Onions (White / Brown)) |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Pack  Price  (£0.00) |
| Supermarket Fresh | 500 | 41 | 0.02 | 7.9 | 0.50 |
| Organic Fresh | 500 | 42 | 0.2 | 5.6 | 1.20 |
| Locally Grown / Market | 500 | 44 | 0.02 | 5.9 | 0.70 |
| Supermarket Frozen | 650 | 48 | 0.2 | 5.3 | 1.00 |
| Budget Frozen | 650 | 100 | 0.6 | 11 | 0.95 |

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*