|  |  |
| --- | --- |
| Food: | Leeks |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Pack  Price  (£0.00) |
| Budget Frozen | 175 | 24 | 0.02 | 2.5 | 0.60 |
| Supermarket Fresh | 500 | 25 | 0.1 | 2.6 | 1.00 |
| Locally Grown / Market | 500 | 25 | 0.02 | 2.7 | 1.00 |
| Supermarket Frozen | 700 | 26 | 0.02 | 2.6 | 0.95 |
| Organic Fresh | 400 | 27 | 0.02 | 2.8 | 2.25 |

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*