|  |  |
| --- | --- |
| Food: | Mushrooms (White) |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Pack  Price  (£0.00) |
| Organic Fresh | 300 | 8 | 0.1 | 0.4 | 1.00 |
| Locally Grown / Market | 300 | 12 | 0.1 | 0.4 | 0.80 |
| Supermarket Fresh | 300 | 16 | 0.1 | 0.4 | 0.95 |
| Supermarket Frozen | 500 | 41 | 0.2 | 5.8 | 2.00 |
| Budget Frozen | 600 | 108 | 0.8 | 0.4 | 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*