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| --- | --- |
| Food: | Potatoes |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | PackPrice(£0.00) |
| Organic Fresh | 1500 | 68 | 0.04 | 14.9 | 1.18 |
| British Jazzy | 1000 | 70 | 0.04 | 15.4 | 2.00 |
| Buttery Marabel | 2000 | 74 | 0.04 | 18 | 2.00 |
| Albert Bartlett Rooster | 2000 | 75 | 0.04 | 16 | 2.00 |
| White | 2500 | 77 | 0.05 | 17.5 | 1.30 |
| Selected Red | 2500 | 77 | 0.04 | 18 | 1.60 |
| Sweet Potatoes | 1000 | 95 | 0.1 | 20.5 | 1.00 |
| Supermarket Frozen (mash) | 650 | 96 | 1.6 | 16 | 1.45 |
| Marabel Baking Potatoes | 4 pack | 97 | 0.1 | 23 | 1.20 |
| Budget Frozen (mash) | 900 | 98 | 1.2 | 17 | 0.90 |
| Maris Piper | 2500 | 102 | 0.05 | 22.6 | 1.80 |
| King Edward | 2500 | 166 | 0.7 | 26.4 | 1.80 |

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*