|  |  |
| --- | --- |
| Food: | Sprouts |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Good4U Super Sprouts | 60 | 28 | 0.6 | 1.0 | 1.00 |
| essential Waitrose Brussel sprouts | 500 | 30 | 0.2 | 2.8 | 0.60 |
| Organic Fresh | 300 | 32 | 0.2 | 2.5 | 1.30 |
| ASDA Grower's Selection Brussels Sprouts | 300 | 33 | 0.2 | 2.8 | 1.25 |
| Locally Grown / Market | 200 | 34 | 0.2 | 2.8 | 1.00 |
| Tesco Button Brussels Sprouts | 1000 | 34 | 0.2 | 2.7 | 1.10 |
| ASDA Trimmed Brussels Sprouts | 200 | 34 | 0.2 | 2.8 | 1.00 |
| ASDA Frozen for Freshness Brussels Sprouts | 1000 | 35 | 0.2 | 2.8 | 0.99 |
| Morrisons Button Sprouts | 1000 | 35 | 0.2 | 2.0 | 1.00 |
| Sainsbury's Button Sprouts | 1000 | 35 | 0.2 | 2.8 | 1.30 |
| Sainsbury's Brussels Sprouts | 200 | 36 | 0.2 | 2.8 | 1.50 |
| Morrisons Prepared Sprouts | 250 | 40 | 0.2 | 3.1 | 1.60 |
| Tesco Peeled Brussels Sprouts | 200 | 41 | 0.2 | 3.3 | 1.25 |
| Tesco Peeled Baby Sprouts | 180 | 41 | 0.2 | 3.3 | 1.00 |
| Redmere Farms Brussels Sprouts | 300 | 41 | 0.2 | 3.3 | 1.00 |
| Waitrose Trimmed baby sprouts | 100 | 41 | 0.2 | 3.3 | 1.10 |
| Waitrose trimmed brussels sprouts | 330 | 41 | 0.2 | 3.3 | 1.50 |
| Waitrose Baby Sprouts | 300 | 41 | 0.2 | 3.3 | 1.00 |
| Iceland Button Sprouts | 900 | 41 | 0.2 | 3.3 | 1.00 |

* **Values shown per 80 Grams Serving**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Good4U Super Sprouts | 60 | 35 | 0.8 | 1.3 | 1.00 |
| essential Waitrose Brussel sprouts | 500 | 37 | 0.3 | 3.5 | 0.60 |
| Organic Fresh | 300 | 40 | 0.2 | 3.1 | 1.30 |
| ASDA Grower's Selection Brussels Sprouts | 300 | 41 | 0.3 | 3.5 | 1.25 |
| Locally Grown / Market | 200 | 42 | 0.3 | 3.5 | 1.00 |
| Tesco Button Brussels Sprouts | 1000 | 42 | 0.3 | 3.4 | 1.10 |
| ASDA Trimmed Brussels Sprouts | 200 | 43 | 0.3 | 3.5 | 1.00 |
| ASDA Frozen for Freshness Brussels Sprouts | 1000 | 44 | 0.3 | 3.5 | 0.99 |
| Morrisons Button Sprouts | 1000 | 44 | 0.3 | 2.5 | 1.00 |
| Sainsbury's Button Sprouts | 1000 | 44 | 0.3 | 3.5 | 1.30 |
| Sainsbury's Brussels Sprouts | 200 | 45 | 0.3 | 3.5 | 1.50 |
| Morrisons Prepared Sprouts | 250 | 50 | 0.3 | 3.9 | 1.60 |
| Tesco Peeled Brussels Sprouts | 200 | 51 | 0.3 | 4.1 | 1.25 |
| Tesco Peeled Baby Sprouts | 180 | 51 | 0.3 | 4.1 | 1.00 |
| Redmere Farms Brussels Sprouts | 300 | 51 | 0.3 | 4.1 | 1.00 |
| Waitrose Trimmed baby sprouts | 100 | 51 | 0.3 | 4.1 | 1.10 |
| Waitrose trimmed brussels sprouts | 330 | 51 | 0.2 | 4.1 | 1.50 |
| Waitrose Baby Sprouts | 300 | 51 | 0.3 | 4.1 | 1.00 |
| Iceland Button Sprouts | 900 | 51 | 0.3 | 4.1 | 1.00 |

* **Values shown per 100 Grams**

Supermarkets Tested

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| ASDA | Tesco | Morrisons | Sainsburys | Waitrose | Iceland |
| YES | YES | YES | YES | YES | n/a |

*N/A Indicates Either Nutrition Information Not Available on the Company’s Website or the Company Doesn’t Supply This Brand*