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| Food: | Butter Chicken Sauce |

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| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Spice Tailor Classic Butter Chicken | 300 | 363.0 | 12.3 | 26.7 | 2.90 |
| Sharwood's Butter Chicken Mild Curry | 420 | 424.2 | 11.3 | 31.5 | 1.84 |
| Kohinoor Delhi Butter Chicken | 375 | 490.1 | 4.9 | 46.5 | 1.89 |
| Sainsbury's Butter Chicken | 500 | 505.0 | 19.5 | 36.5 | 0.65 |
| Tesco Butter Chicken Sauce | 500 | 535.0 | 20.0 | 34.5 | 0.75 |
| Patak's Butter Chicken Curry | 450 | 580.5 | 16.7 | 36.9 | 1.00 |
| ASDA Butter Chicken Curry | 495 | 589.1 | 23.3 | 39.1 | 0.79 |

* Values Shown Per Full Jar

Supermarkets Tested

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| --- | --- | --- | --- | --- | --- | --- |
| ASDA | Tesco | Morrisons | Sainsburys | Waitrose | Able & Cole | ICELAND |
| YES | YES | YES | YES | YES | n/a` | YES |

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