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| Food: | Chinese Curry Sauce |

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| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Sharwood's Chinese Medium Curry Cooking Sauce | 425 | 216.8 | 0.9 | 33.2 | 2.00 |
| Waitrose Katsu Curry Cooking | 350 | 336.0 | 14.0 | 24.5 | 1.60 |
| Sainsbury's Chinese Chip Shop Curry Sauce | 500 | 350.0 | 7.5 | 38.0 | 0.65 |
| ASDA Chinese Curry Cooking Sauce | 500 | 380.0 | 8.5 | 42.5 | 0.79 |
| ASDA Curry Cooking Sauce | 500 | 455.0 | 5.5 | 55.0 | 0.75 |

* Values Shown Per Full Jar

Supermarkets Tested

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| ASDA | Tesco | Morrisons | Sainsburys | Waitrose | Iceland |
| YES | YES | YES | YES | YES | YES |

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