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| Food: | Jalfrezi Curry Sauce |

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| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Slimming World Free Food Jalfrezi | 350 | 119.0 | 0.4 | 15.8 | 1.50 |
| Bay's Kitchen Jalfrezi Curry | 260 | 202.8 | 1.8 | 19.2 | 4.15 |
| Geeta's Jalfrezi Spice & Stir | 250 | 237.5 | 6.0 | 19.0 | 2.09 |
| Tesco Finest Jalfrezi Cooking Sauce | 350 | 252.0 | 3.9 | 24.9 | 1.59 |
| Sainsbury's Jalfrezi Sauce | 500 | 270.0 | 1.0 | 29.5 | 0.65 |
| Morrisons Jalfrezi Sauce | 450 | 283.5 | 1.4 | 31.1 | 0.85 |
| Tesco Jalfrezi Sauce | 500 | 285.0 | 1.5 | 35.5 | 0.75 |
| Loyd Grossman Jalfrezi Curry Sauce | 350 | 318.5 | 6.0 | 25.6 | 1.00 |
| Sharwood's Jalfrezi Hot Curry Cooking Sauce | 420 | 336.0 | 1.7 | 26.0 | 1.84 |
| Patak's The Original Sizzle & Spice Jalfrezi Sauce | 360 | 388.8 | 5.4 | 41.8 | 2.19 |
| ASDA Jalfrezi Curry Sauce | 500 | 395.0 | 4.5 | 49.0 | 0.79 |
| East End Jalfrezi Curry Cooking | 375 | 405.0 | 4.5 | 36.0 | 1.25 |
| Patak's Jalfrezi Curry Sauce | 450 | 436.5 | 4.1 | 38.3 | 1.00 |
| Kohinoor Delhi Butter Chicken Cooking Sauce | 375 | 490.1 | 4.9 | 46.5 | 1.89 |

* Values Shown Per Full Jar

Supermarkets Tested

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| 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*