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| Food: | Korma Curry Sauce |

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| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Meridian Free From Korma Curry | 350 | 283.5 | 14.7 | 27.7 | 1.85 |
| Waitrose half fat korma | 350 | 385.0 | 15.4 | 31.2 | 1.69 |
| Sharwood's Korma Reduced Fat | 420 | 403.2 | 19.7 | 38.6 | 1.84 |
| ASDA Korma Spice & Simmer | 360 | 439.2 | 18.4 | 26.3 | 0.99 |
| Tesco Korma Sauce | 500 | 440.0 | 19.0 | 48.5 | 0.75 |
| Sainsbury's Korma Light | 500 | 440.0 | 17.5 | 47.0 | 0.65 |
| Loyd Grossman Korma | 350 | 448.0 | 20.3 | 39.6 | 1.00 |
| Patak's The Original Sizzle & Spice Korma | 360 | 460.8 | 18.7 | 40.7 | 2.19 |
| Seeds of Change organic Indian korma | 350 | 483.0 | 21.7 | 34.3 | 2.40 |
| Uncle Ben's Korma | 450 | 513.0 | 18.9 | 46.8 | 1.88 |
| Sharwood's Korma Mild Curry | 420 | 525.0 | 24.4 | 45.4 | 1.84 |
| Tesco Finest Royal Korma | 350 | 532.0 | 28.4 | 35.4 | 1.59 |
| Patak's Korma Curry | 450 | 652.5 | 27.5 | 42.3 | 1.00 |
| Morrisons Korma Sauce | 450 | 688.5 | 32.0 | 37.8 | 0.85 |
| Bilash Korma Sauce (Aldi) | 500 | 695 | 28.5 | 46.5 | 0.55 |
| Waitrose korma | 350 | 696.5 | 26.6 | 42.7 | 1.69 |
| Sainsbury's Korma Sauce | 500 | 705.0 | 39.0 | 46.5 | 0.65 |
| ASDA Korma Curry | 500 | 955.0 | 49.5 | 47.5 | 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 | YES | YES |

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