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| Food: | Stir Fry Sauces |

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| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| ASDA Chow Mein | 120 | 91.2 | 0.4 | 16.8 | 0.35 |
| Celebrate Health Recipe Base Chinese Beef | 175 | 99.8 | 0.0 | 4.9 | 1.59 |
| ASDA Hoisin | 120 | 103.2 | 0.4 | 21.6 | 0.35 |
| Tesco Hoi Sin | 120 | 110.4 | 0.2 | 22.7 | 0.50 |
| Tesco Chinese | 180 | 111.6 | 0.3 | 16.6 | 1.00 |
| Amoy Black Bean | 120 | 115.2 | 0.6 | 16.9 | 0.99 |
| Blue Dragon Oyster & Spring Onion | 120 | 124.8 | 0.1 | 29.2 | 0.60 |
| ASDA Black Bean | 120 | 124.8 | 0.4 | 22.8 | 0.39 |
| Blue Dragon Chow Mein | 120 | 127.2 | 0.2 | 27.6 | 0.60 |
| ASDA Szechuan | 120 | 134.4 | 0.4 | 25.2 | 0.39 |
| ASDA Sweet Chilli | 170 | 136.0 | 0.2 | 30.6 | 0.80 |
| Blue Dragon Teriyaki | 120 | 138.0 | 0.1 | 32.3 | 0.60 |
| ASDA Sweet Chilli & Garlic | 120 | 145.2 | 0.2 | 32.4 | 0.39 |
| Tesco Coconut And Lemon Grass | 180 | 147.1 | 8.5 | 9.7 | 1.00 |
| Blue Dragon Black Bean | 120 | 148.8 | 0.4 | 28.3 | 0.60 |
| ASDA Sweet & Sour | 170 | 151.3 | 0.1 | 34.0 | 0.80 |
| ASDA Sweet & Sour | 120 | 156.0 | 0.1 | 37.2 | 0.35 |
| Blue Dragon Sweet & Sour | 120 | 158.4 | 0.1 | 39.2 | 0.60 |
| ASDA Blackbean | 170 | 159.8 | 0.5 | 20.4 | 0.80 |
| Amoy Chow Mein | 120 | 164.4 | 0.8 | 25.3 | 0.99 |
| Tesco Plum And Hoisin | 180 | 174.6 | 0.2 | 39.6 | 1.00 |
| Blue Dragon Hoisin & Garlic | 120 | 176.4 | 0.4 | 37.8 | 0.60 |
| ASDA Hoi Sin | 170 | 178.5 | 0.2 | 34.0 | 0.80 |
| ASDA Soy & Garlic | 170 | 178.5 | 0.9 | 28.9 | 0.80 |
| Blue Dragon Chinese BBQ | 120 | 184.8 | 0.1 | 43.6 | 0.60 |
| Amoy Sweet Thai Chilli | 120 | 187.2 | 0.2 | 45.5 | 0.99 |
| Blue Dragon Sweet Chilli & Garlic | 120 | 190.8 | 0.1 | 39.4 | 0.60 |
| Tesco Sweet Chilli | 180 | 199.8 | 0.3 | 42.8 | 1.00 |
| Tesco Teriyaki | 180 | 201.6 | 0.2 | 43.6 | 1.00 |
| ASDA Chow Mein | 170 | 202.3 | 1.5 | 20.4 | 0.80 |
| ASDA Satay | 120 | 202.8 | 4.0 | 16.8 | 0.39 |
| Amoy Peanut Satay | 120 | 217.2 | 5.4 | 20.3 | 0.99 |
| Celebrate Health Recipe Base Teriyaki | 175 | 222.3 | 0.0 | 11.6 | 1.59 |
| Tesco Sweet And Sour | 180 | 230.4 | 0.4 | 44.3 | 1.00 |
| Blue Dragon Chow Mein | 150 | 241.5 | 0.1 | 57.0 | 1.30 |
| Blue Dragon Satay | 150 | 346.5 | 3.2 | 55.5 | 1.30 |

* Values Shown Per Full Sachet

Supermarkets Tested

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| ASDA | Tesco | Morrison’s | Sainsbury’s | Waitrose | ICELAND |
| YES | YES | NO | NO | NO | YES |