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| Food: | Sweet And Sour Sauce |

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| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| Uncle Ben's Sweet & Sour No Added Sugar | 440 | 136.4 | 0.0 | 24.2 | 1.88 |
| ASDA Smart Price Sweet & Sour | 440 | 228.8 | 0.0 | 53.2 | 0.34 |
| Sainsbury's Lighter Sweet & Sour | 500 | 265.0 | 0.0 | 57.0 | 0.65 |
| Sainsbury's Sweet & Sour Sauce, Basics | 500 | 280.0 | 0.1 | 65.5 | 0.55 |
| Sharwood's 30% Less Sugar Sweet & Sour | 425 | 284.8 | 0.4 | 60.8 | 1.74 |
| Sainsbury's Sweet & Sour | 500 | 285.0 | 0.0 | 64.5 | 0.65 |
| Seeds of Change Organic Sweet & Sour Sauce | 350 | 343.0 | 0.2 | 80.5 | 1.50 |
| ASDA Sweet & Sour Cooking Sauce | 500 | 350.0 | 0.0 | 85.0 | 0.69 |
| Uncle Ben's Sweet and Sour | 450 | 360.0 | 0.0 | 73.8 | 1.88 |
| Uncle Ben's Sweet and Sour Extra Pineapple | 450 | 369.0 | 0.0 | 76.1 | 1.88 |
| ASDA Free From Sweet & Sour | 500 | 380.0 | 0.0 | 85.0 | 1.50 |
| Tesco Sweet And Sour Sauce | 500 | 385.0 | 0.0 | 92.0 | 0.80 |
| Sainsbury's Extra Pineapple Sweet & Sour | 500 | 390.0 | 0.0 | 88.0 | 0.65 |
| essential Waitrose sweet & sour | 500 | 445.0 | 0.5 | 103.0 | 0.95 |

* 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*