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| Food: | Tikka Masala Sauce |

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| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| ASDA Tikka Masala Spice & Simmer Curry Sauce | 360 | 252.0 | 6.1 | 26.3 | 0.99 |
| Meridian Free From Tikka Masala Cooking Sauce | 350 | 343.0 | 6.7 | 37.5 | 1.87 |
| Morrisons Tikka Masala Sauce | 450 | 346.5 | 4.1 | 37.4 | 0.85 |
| Sharwood's Tikka Masala Reduced Fat Curry Sauce | 420 | 352.8 | 10.5 | 39.1 | 1.84 |
| Sharwoods Tikka Masala 30% Less Fat Cooking Sauce | 420 | 352.8 | 10.5 | 39.1 | 1.75 |
| Iceland Luxury Tikka Masala Spice, Sizzle & Stir | 360 | 356.4 | 2.9 | 22.7 | 1.25 |
| Patak's Tikka Masala Indian Curry Sauce | 450 | 364.5 | 3.6 | 32.9 | 1.00 |
| Tesco Tikka Masala Cooking Sauce | 500 | 370.0 | 3.5 | 44.5 | 0.75 |
| Sainsbury's Tikka Masala Light Sauce, Be Good To Yourself | 500 | 380.0 | 8.5 | 46.5 | 0.65 |
| Uncle Ben's Tikka Masala Sauce | 450 | 391.5 | 4.5 | 41.4 | 1.78 |
| ASDA Tikka Masala Curry Sauce | 500 | 400.0 | 6.5 | 55.0 | 0.69 |
| Seeds Of Change Tikka Masala Organic | 350 | 413.0 | 9.8 | 29.4 | 2.40 |
| ASDA Free From Tikka Masala Sauce | 500 | 415.0 | 9.0 | 60.0 | 1.50 |
| Patak's The Original Sizzle & Spice Tikka Masala Sauce | 360 | 439.2 | 8.6 | 39.6 | 2.19 |
| Sharwood's Tikka Masala Extra Creamy Curry Sauce | 420 | 445.2 | 15.5 | 40.7 | 1.84 |
| Tesco Hot Tikka Masala Cooking Sauce | 500 | 450.0 | 4.5 | 54.5 | 0.75 |
| Sharwood's Tikka Masala Medium Curry Cooking Sauce | 420 | 495.6 | 18.9 | 38.2 | 1.84 |
| Loyd Grossman Tikka Masala Curry Sauce | 350 | 514.5 | 13.0 | 39.2 | 1.00 |
| Sainsbury's Tikka Masala Sauce | 500 | 525.0 | 11.0 | 50.5 | 0.65 |

* 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*