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| Food: | Vinderloo Curry Sauce |

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| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| ASDA Vindaloo Curry | 320 | 217.6 | 1.0 | 1.0 | 0.60 |
| Morrisons The Best Goan Vindaloo Sauce | 350 | 336.0 | 2.1 | 25.6 | 1.55 |
| Patak's Vindaloo Curry | 450 | 405.0 | 2.3 | 31.1 | 1.00 |
| Indi Grand - Vindaloo Curry | 375 | 487.5 | 30.0 | 37.5 | 0.60 |

* Values Shown Per Full Jar

Supermarkets Tested

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| --- | --- | --- | --- | --- | --- | --- |
| ASDA | Tesco | Morrisons | Sainsburys | Waitrose | Able & Cole | ICELAND |
| YES | n/a | YES | n/a | YES | YES | YES |

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