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| --- | --- |
| Food: | Saag Curry Sauce |

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Patak's Saag Masala | 450 | 315.0 | 3.2 | 24.8 | 1.89 |
| Indi Grand Saag Curry | 375 | 371.3 | 1.1 | 48.8 | 0.60 |
| Sharwood's Tika Malasa with Saag Curry | 420 | 411.6 | 13.9 | 37.4 | 1.84 |

* Values Shown Per Full Jar

Supermarkets Tested

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

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