|  |  |
| --- | --- |
| Food: | Black Peas |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price |
| Baxter’s Hearty Chicken Black Eyed Peas | 400 | 184 | 0.4 | 26.8 | £1.47 |

* Values Shown Per Full Can

Supermarkets Tested

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ASDA | Tesco | Morrison’s | Sainsbury’s | Waitrose | Able & Cole | ICELAND |
| N/A | N/A | YES | N/A | N/A | N/A | N/A |

*N/A Indicates Either Nutrition Information Not Available On The Company’s Website Or The Company Doesn’t Supply This Brand*

# Home Cooked Version

Nutrition Shown In Video

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Home Cooked | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price |
| Black Peas  (serves 6) | Per Serving | 109 | 0 | 16 | 1.20 |