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| Food: | Chocolate cake |

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| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| ASDA Baker's Selection 20 Chocolate Cluster Mini Bites | 20 | 47.0 | 1.1 | 7.0 | 2.00 |
| Thorntons Triple Chocolate Cake Bites (9) | 9 | 62.0 | 3.2 | 7.7 | 1.50 |
| Weight Watchers Chocolate Mini Rolls(5) | 5 | 80.0 | 1.6 | 12.8 | 1.30 |
| Sainsbury's Chocolate Fairy Cakes (12) | 12 | 85.0 | 0.5 | 9.6 | 1.00 |
| ASDA Chocolate Fairy Cakes (12) | 12 | 89.0 | 0.5 | 10.0 | 0.85 |
| ASDA 4 Chocolate Eclairs (4) | 4 | 101.0 | 3.0 | 8.4 | 1.00 |
| Tunnock's Milk Chocolate Tea Cakes (6) | 6 | 106.0 | 2.5 | 14.9 | 1.05 |
| ASDA Mini Chocolate Cupcakes (9) | 9 | 108.0 | 1.5 | 12.0 | 2.00 |
| Cadbury 5 Milk Chocolate Cake Bars (5) | 5 | 110.0 | 2.7 | 13.3 | 1.60 |
| Cadbury Chocolate Mini Rolls (5) | 5 | 115.0 | 3.1 | 13.6 | 1.50 |
| McVitie's 5 Caramel Millionaire Slices with Milk Chocolate | 5 | 116.0 | 3.4 | 13.9 | 0.75 |
| ASDA Chocolate Sponge (6) | 6 | 123.0 | 1.5 | 21.0 | 1.00 |
| Morrisons Chocolate Cake Slices (6) | 6 | 126.0 | 1.1 | 15.2 | 1.00 |
| Mr Kipling Chocolate Slices(8) | 8 | 132.0 | 1.9 | 18.0 | 2.25 |
| Sainsbury's Chocolate & Vanilla Marble Loaf Cake (6) | 200 | 133.3 | 1.0 | 17.5 | 1.60 |
| ASDA Chocolate Brownie Traybake (6) | 225 | 155.6 | 1.1 | 21.8 | 1.00 |
| ASDA White Chocolate & Raspberry Celebration Cake (28) | 1000 | 165.0 | 2.9 | 21.8 | 10.00 |
| Cadbury Flake Chocolate Fresh Cream Cake (8) | 430 | 173.6 | 3.6 | 21.4 | 3.50 |
| ASDA Chocolate Gateau (5) | 350 | 183.4 | 5.3 | 21.7 | 1.35 |
| Sainsbury's Chocolate Chip Slab Cake (10) | 500 | 193.0 | 4.0 | 28.2 | 1.40 |
| Just Love Food Company Let's Celebrate! Celebration Cake (10) | 579 | 228.1 | 3.9 | 27.4 | 6.00 |
| Baileys Chocolate Cupcakes With Buttercream Topping (12) | 12 | 230.0 | 4.6 | 28.1 | 8.00 |
| Thorntons Chocolate Celebration Cake (18) | 990 | 240.9 | 4.5 | 27.0 | 12.00 |
| Sainsbury's Small Seriously Chocolate Cake (10) | 550 | 241.5 | 4.9 | 29.2 | 6.50 |
| Iceland Celebration Chocolate Cake (16) | 950 | 245.2 | 4.3 | 32.8 | 5.00 |
| Galaxy Chocolate Mousse Cake (6) | 425 | 250.8 | 8.5 | 23.4 | 2.00 |
| Waitrose Chocolate Sweetie Cake (14) | 800 | 254.3 | 5.5 | 30.5 | 12.00 |
| Tesco Hot Chocolate Fudge Cake (6) | 450 | 255.8 | 4.0 | 21.7 | 1.50 |
| Iceland Chocolate Fudge Cake (6) | 450 | 261.0 | 6.1 | 32.8 | 1.50 |
| Sainsbury's Deliciously Free From Seriously Chocolate Cake (10) | 612 | 265.6 | 2.1 | 36.8 | 8.00 |
| Sainsbury's Chocolate Sweetie Smash Cake (16) | 913 | 265.9 | 5.4 | 31.0 | 13.00 |
| Morrisons Chocolate Fudge Frozen Cake (6) | 450 | 267 | 6.1 | 33.8 | 1.60 |
| ASDA Free From Chocolate Loaf Cake (5) | 330 | 267.3 | 3.4 | 37.6 | 3.00 |
| ASDA Free From Chocolate Party Cake (10) | 656 | 268.3 | 3.5 | 32.8 | 7.00 |
| Tesco Hot Chocolate Fudge Cake (8) | 700 | 274.8 | 5.9 | 38.5 | 5.50 |
| Waitrose Hand Finished Chocolate Cake (12) | 760 | 276.1 | 6.0 | 31.5 | 8.00 |
| Sainsbury's Belgian Chocolate Fudge Cake, Taste Difference (6) | 395 | 281.8 | 4.6 | 34.6 | 2.00 |
| Mary Berry Indulgent Chocolate Cake (6) | 420 | 292.6 | 5.6 | 36.9 | 3.50 |
| Sainsbury's Chocolate Party Cake (12) | 930 | 300.7 | 2.0 | 41.5 | 6.00 |
| Sainsbury's Seriously White Chocolate Madeira Cake (12) | 839 | 304.1 | 5.1 | 41.7 | 10.00 |
| Waitrose 1 chocolate & salted caramel mini cakes (2) | 2 | 308.0 | 8.5 | 38.9 | 2.49 |
| Waitrose White Chocolate Cake (12) | 885 | 330.4 | 6.3 | 43.7 | 10.00 |
| ASDA Chocolate Cake Slice (1) | 100 | 398.0 | 6.1 | 52.0 | 1.09 |
| Almondy Daim Chocolate Cake (2) | 400 | 848.0 | 18.0 | 88.0 | 3.00 |

* Values Shown Is Per Slice Or Individual Cake

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| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| ASDA Chocolate Cake Slice (1) | 100 | 398.0 | 6.1 | 52.0 | 1.09 |
| Weight Watchers Chocolate Mini Rolls(5) | 5 | 400.0 | 8.0 | 64.0 | 1.30 |
| ASDA 4 Chocolate Eclairs (4) | 4 | 404.0 | 12.0 | 33.6 | 1.00 |
| Cadbury 5 Milk Chocolate Cake Bars (5) | 5 | 550.0 | 13.5 | 66.5 | 1.60 |
| Thorntons Triple Chocolate Cake Bites (9) | 9 | 558.0 | 28.8 | 69.3 | 1.50 |
| Cadbury Chocolate Mini Rolls (5) | 5 | 575.0 | 15.5 | 68.0 | 1.50 |
| McVitie's 5 Caramel Millionaire Slices with Milk Chocolate | 5 | 580.0 | 17.0 | 69.5 | 0.75 |
| Waitrose 1 chocolate & salted caramel mini cakes (2) | 2 | 616.0 | 17.0 | 77.8 | 2.49 |
| Tunnock's Milk Chocolate Tea Cakes (6) | 6 | 636.0 | 15.0 | 89.4 | 1.05 |
| ASDA Chocolate Sponge (6) | 6 | 738.0 | 9.0 | 126.0 | 1.00 |
| Morrisons Chocolate Cake Slices (6) | 6 | 756.0 | 6.6 | 91.2 | 1.00 |
| Sainsbury's Chocolate & Vanilla Marble Loaf Cake (6) | 200 | 800.0 | 6.2 | 105.0 | 1.60 |
| ASDA Chocolate Gateau (5) | 350 | 917.0 | 26.6 | 108.5 | 1.35 |
| ASDA Chocolate Brownie Traybake (6) | 225 | 933.8 | 6.8 | 130.5 | 1.00 |
| ASDA Baker's Selection 20 Chocolate Cluster Mini Bites | 20 | 940.0 | 22.0 | 140.0 | 2.00 |
| ASDA Mini Chocolate Cupcakes (9) | 9 | 972.0 | 13.5 | 108.0 | 2.00 |
| Sainsbury's Chocolate Fairy Cakes (12) | 12 | 1020.0 | 6.0 | 115.2 | 1.00 |
| Mr Kipling Chocolate Slices(8) | 8 | 1056.0 | 15.2 | 144.0 | 2.25 |
| ASDA Chocolate Fairy Cakes (12) | 12 | 1068.0 | 6.0 | 120.0 | 0.85 |
| ASDA Free From Chocolate Loaf Cake (5) | 330 | 1336.5 | 17.2 | 188.1 | 3.00 |
| Cadbury Flake Chocolate Fresh Cream Cake (8) | 430 | 1388.9 | 28.8 | 171.1 | 3.50 |
| Galaxy Chocolate Mousse Cake (6) | 425 | 1504.5 | 51.0 | 140.3 | 2.00 |
| Tesco Hot Chocolate Fudge Cake (6) | 450 | 1534.5 | 23.9 | 130.1 | 1.50 |
| Iceland Chocolate Fudge Cake (6) | 450 | 1566.0 | 36.5 | 196.7 | 1.50 |
| Morrisons Chocolate Fudge Frozen Cake (6) | 450 | 1602.0 | 36.5 | 202.5 | 1.60 |
| Sainsbury's Belgian Chocolate Fudge Cake, Taste Difference (6) | 395 | 1690.6 | 27.3 | 207.4 | 2.00 |
| Almondy Daim Chocolate Cake (2) | 400 | 1696.0 | 36.0 | 176.0 | 3.00 |
| Mary Berry Indulgent Chocolate Cake (6) | 420 | 1755.6 | 33.6 | 221.3 | 3.50 |
| Sainsbury's Chocolate Chip Slab Cake (10) | 500 | 1930.0 | 40.0 | 281.5 | 1.40 |
| Tesco Hot Chocolate Fudge Cake (8) | 700 | 2198.0 | 46.9 | 308.0 | 5.50 |
| Just Love Food Company Let's Celebrate! Celebration Cake (10) | 579 | 2281.3 | 38.8 | 274.4 | 6.00 |
| Sainsbury's Small Seriously Chocolate Cake (10) | 550 | 2414.5 | 49.0 | 292.1 | 6.50 |
| Sainsbury's Deliciously Free From Seriously Chocolate Cake (10) | 612 | 2656.1 | 20.8 | 367.8 | 8.00 |
| ASDA Free From Chocolate Party Cake (10) | 656 | 2683.0 | 35.4 | 328.0 | 7.00 |
| Baileys Chocolate Cupcakes With Buttercream Topping (12) | 12 | 2760.0 | 55.2 | 337.2 | 8.00 |
| Waitrose Hand Finished Chocolate Cake (12) | 760 | 3313.6 | 71.4 | 377.7 | 8.00 |
| Waitrose Chocolate Sweetie Cake (14) | 800 | 3560.0 | 76.8 | 427.2 | 12.00 |
| Sainsbury's Chocolate Party Cake (12) | 930 | 3608.4 | 24.2 | 497.6 | 6.00 |
| Sainsbury's Seriously White Chocolate Madeira Cake (12) | 839 | 3649.7 | 61.2 | 500.0 | 10.00 |
| Iceland Celebration Chocolate Cake (16) | 950 | 3923.5 | 69.4 | 524.4 | 5.00 |
| Waitrose White Chocolate Cake (12) | 885 | 3964.8 | 75.2 | 524.8 | 10.00 |
| Sainsbury's Chocolate Sweetie Smash Cake (16) | 913 | 4254.6 | 85.8 | 495.8 | 13.00 |
| Thorntons Chocolate Celebration Cake (18) | 990 | 4336.2 | 81.2 | 486.1 | 12.00 |
| ASDA White Chocolate & Raspberry Celebration Cake (28) | 1000 | 4620.0 | 81.0 | 610.0 | 10.00 |

* Values shown is per Packet

Supermarkets Tested

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| ASDA | Tesco | Morrisons | Sainsburys | Waitrose | Iceland |
| YES | YES |  |  |  |  |

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