|  |  |
| --- | --- |
| Food: | Sausage Rolls |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| Tesco 20 Mini Sausage | 220 | 34.0 | 0.8 | 3.2 | 2.00 |
| Sainsbury's Sausage Mini Rolls x20 | 310 | 50.5 | 1.3 | 4.3 | 2.15 |
| Wall's 12 Cocktail Pork | 240 | 68.0 | 2.0 | 4.1 | 1.00 |
| ASDA 12 Snack Cheese & Onion | 360 | 88.8 | 2.3 | 9.0 | 1.25 |
| Morrisons 9 Three Bird Sausage | 288 | 94.1 | 2.2 | 6.7 | 2.00 |
| Tesco 9 Snack Sausage | 270 | 94.5 | 2.5 | 7.6 | 1.75 |
| ASDA 9 Pork & Chorizo | 279 | 108.8 | 2.9 | 8.1 | 1.50 |
| ASDA 12 Snack Pork | 372 | 111.6 | 3.4 | 8.1 | 1.25 |
| Sainsbury's Cheese & Onion Rolls x6 | 396 | 150.5 | 5.0 | 20.2 | 1.80 |
| 6 Pork Sausage | 360 | 154.8 | 3.4 | 14.8 | 1.59 |
| Linda McCartney Sausage | 342 | 163.6 | 4.2 | 12.9 | 1.93 |
| Sainsbury's Sausage Rolls, Basics x6 | 300 | 164.5 | 4.0 | 14.6 | 1.15 |
| ASDA 30% Reduced Fat Pork x6 | 360 | 172.8 | 3.9 | 16.8 | 1.50 |
| Quorn 3 Sausage Rolls | 210 | 181.3 | 3.7 | 17.2 | 2.25 |
| Wall's 4 Pork | 240 | 187.2 | 4.9 | 15.7 | 1.75 |
| Tesco 6 Sausage | 360 | 189.0 | 5.0 | 15.2 | 1.75 |
| ASDA Smart Price 8 Pork | 480 | 195.6 | 4.8 | 19.2 | 0.99 |
| Sainsbury's Sausage Rolls x6 | 360 | 199.2 | 5.0 | 16.9 | 1.80 |
| Morrisons The Best Pork & Caramelised Onion | 188 | 208.7 | 7.0 | 13.0 | 2.20 |
| ASDA 6 Pork | 360 | 226.2 | 6.6 | 17.4 | 1.25 |
| ASDA Cumberland Sausage | 360 | 226.2 | 6.6 | 16.2 | 1.50 |
| Genius Gluten Free Sausage x2 | 200 | 261.0 | 8.2 | 21.8 | 2.20 |
| Birds Eye 4 Home Baked | 360 | 284.4 | 8.2 | 21.6 | 1.50 |
| Greggs 4 Sausage | 427 | 338.4 | 12.8 | 24.6 | 1.69 |
| Shazans Select 2 Sausage | 260 | 367.9 | 11.6 | 33.6 | 2.00 |

Above Shows Nutrition Information Per Sausage Roll

Supermarkets Tested

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

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

|  |  |
| --- | --- |
| Food: | Sausage Rolls |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| Genius Gluten Free Sausage x2 | 200 | 522.0 | 16.4 | 43.6 | 2.20 |
| Quorn 3 Sausage Rolls | 210 | 543.9 | 11.1 | 51.5 | 2.25 |
| Tesco 20 Mini Sausage | 220 | 679.8 | 16.3 | 63.4 | 2.00 |
| Shazans Select 2 Sausage | 260 | 735.8 | 23.1 | 67.1 | 2.00 |
| Wall's 4 Pork | 240 | 748.8 | 19.4 | 62.6 | 1.75 |
| Wall's 12 Cocktail Pork | 240 | 816.0 | 23.8 | 49.0 | 1.00 |
| Morrisons The Best Pork & Caramelised Onion | 188 | 834.7 | 28.0 | 52.1 | 2.20 |
| Morrisons 9 Three Bird Sausage | 288 | 846.7 | 19.6 | 60.2 | 2.00 |
| Tesco 9 Snack Sausage | 270 | 850.5 | 22.4 | 68.6 | 1.75 |
| Sainsbury's Cheese & Onion Rolls x6 | 396 | 902.9 | 29.7 | 121.2 | 1.80 |
| 6 Pork Sausage | 360 | 928.8 | 20.5 | 88.6 | 1.59 |
| ASDA 9 Pork & Chorizo | 279 | 979.3 | 25.9 | 72.5 | 1.50 |
| Linda McCartney Sausage | 342 | 981.5 | 25.0 | 77.6 | 1.93 |
| Sainsbury's Sausage Rolls, Basics x6 | 300 | 987.0 | 24.0 | 87.6 | 1.15 |
| Sainsbury's Sausage Mini Rolls x20 | 310 | 1010.6 | 25.1 | 85.9 | 2.15 |
| ASDA 30% Reduced Fat Pork x6 | 360 | 1036.8 | 23.4 | 100.8 | 1.50 |
| ASDA 12 Snack Cheese & Onion | 360 | 1065.6 | 27.0 | 108.0 | 1.25 |
| Tesco 6 Sausage | 360 | 1134.0 | 30.2 | 91.1 | 1.75 |
| Birds Eye 4 Home Baked | 360 | 1137.6 | 32.8 | 86.4 | 1.50 |
| Sainsbury's Sausage Rolls x6 | 360 | 1195.2 | 29.9 | 101.5 | 1.80 |
| ASDA 12 Snack Pork | 372 | 1339.2 | 40.9 | 96.7 | 1.25 |
| Greggs 4 Sausage | 427 | 1353.6 | 51.2 | 98.2 | 1.69 |
| ASDA 6 Pork | 360 | 1357.2 | 39.6 | 104.4 | 1.25 |
| ASDA Cumberland Sausage | 360 | 1357.2 | 39.6 | 97.2 | 1.50 |
| ASDA Smart Price 8 Pork | 480 | 1564.8 | 38.4 | 153.6 | 0.99 |

Above Shows Nutrition Information Per Pack