|  |  |
| --- | --- |
| Food: | BBQ Pork Spare Ribs |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price |
| ASDA Ultimate Bourbon Boneless Beef Ribs | 300 | 825 | 20.1 | 30 | 2.00 |
| Appleby's Smoky BBQ Ribs | 600 | 1122 | 14.4 | 102 | 2.99 |
| Waitrose slow cooked pork rack | 535 | 1262.6 | 25.1 | 32.1 | 5.00 |
| Tesco BBQ Bourbon Glazed | 460 | 1285.3 | 31.3 | 31.1 | 3.50 |
| Morrisons Market St Hoi Sin Rack | 550 | 1391.5 | 31.4 | 43.5 | 4.00 |
| Tesco Slow Cooked BBQ Maple Pork Ribs | 460 | 1407.6 | 38.7 | 27.1 | 3.50 |
| ASDA Hot & Spicy Pork Rack of Ribs | 600 | 1422 | 28.8 | 52.2 | 3.75 |
| Morrisons Market St Smoky BBQ Rack | 550 | 1545.5 | 31.4 | 41.8 | 4.00 |
| ASDA Smoky BBQ Rack of Pork Ribs | 600 | 1584 | 35.4 | 60 | 3.75 |
| Sainsbury's Kansas Style BBQ | 600 | 1668 | 42.6 | 37.8 | 5.00 |
| Sainsbury's Slow Cook Smokey BBQ | 676 | 1865.8 | 37.9 | 58.8 | 5.00 |

Supermarkets Tested

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| ASDA | Tesco | Morrisons | Sainsburys | Waitrose | Lidl  | Aldi | Able & Cole |
| YES | YES | YES | YES | YES | N/A | YES | 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 |
| BBQ Pork Ribs  | 250 | 360 | 8 | 6 | 1.25 |

Nutrition Compared to Supermarket Weight

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Home Cooked | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price |
| BBQ Pork Ribs  | 600 | 864 | 19.2 | 14.4 | 2.50 |