|  |  |
| --- | --- |
| Food: | Gammon Joint |

| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| --- | --- | --- | --- | --- | --- |
| Home Roast Gammon Joint with Honey | 750 | 142.5 | 1.0 | 1.5 | 3.00 |
| Morrisons Smoked Gammon Joint | 750 | 189.4 | 1.7 | 0.6 | 3.20 |
| Morrisons Smoked Gammon Joint | 750 | 189.4 | 1.7 | 0.6 | 3.20 |
| Waitrose Unsmoked Gammon Joint | 570 | 195.2 | 1.9 | 0.0 | 5.70 |
| ASDA Butcher's Selection Smoked Gammon Joint | 750 | 196.9 | 1.7 | 0.4 | 2.65 |
| ASDA Butcher's Selection Unsmoked Gammon Joint | 750 | 198.8 | 1.9 | 0.4 | 2.65 |
| Morrisons Plain Cook In The Bag Gammon Joint | 700 | 206.5 | 3.2 | 0.4 | 4.00 |
| Morrisons Unsmoked Gammon Joint | 750 | 208.1 | 2.4 | 0.2 | 3.20 |
| Iceland Smoked Gammon Joint serves 5 | 1000 | 210.0 | 2.4 | 0.0 | 4.00 |
| Iceland Unsmoked Gammon Joint serves 5 | 1000 | 210.0 | 2.4 | 0.0 | 4.00 |
| Morrisons Eat Smart Unsmoked Gammon | 700 | 211.8 | 1.1 | 0.4 | 4.00 |
| Morrisons Gammon With Honey Glaze | 600 | 219.0 | 2.1 | 1.5 | 3.00 |
| Iceland Roast From Frozen Easy Carve Boneless Basted Gammon Joint with a Honey Glaze | 600 | 231 | 3.0 | 3.0 | 3.50 |
| Tesco Roast In Bag Unsmoked Gammon Joint | 840 | 237.3 | 1.7 | 1.1 | 5.00 |
| Sainsbury's Honey Glazed Gammon Joint | 800 | 238.0 | 1.0 | 7.0 | 5.50 |
| Morrisons Maple Glaze Cook In The Bag Gammon Joint | 700 | 241.5 | 4.4 | 0.5 | 4.00 |
| ASDA Simple to Cook Honey and Maple Gammon Joint | 700 | 248.5 | 2.3 | 1.6 | 4.25 |
| Dalehead Roast in the Bag Unsmoked Gammon (Serves 3) | 500 | 273.3 | 1.7 | 0.0 | 4.99 |
| Sainsbury's Just Cook Honey Gammon Joint 470g (Serves 3) | 470 | 308.6 | 6.3 | 3.3 | 4.00 |
| British Outdoor Bred Unsmoked Gammon Joint, Taste the Difference | 750 | 309.4 | 3.6 | 3.2 | 7.50 |
| Sainsbury's Just Cook British Gammon Joint With Apple & Blackberry Glaze (Serves 3) | 470 | 319.6 | 6.9 | 6.4 | 3.75 |
| Sainsbury's Unsmoked Gammon Joint | 750 | 320.6 | 4.7 | 1.9 | 3.60 |
| Sainsbury's Smoked Gammon Joint | 750 | 320.6 | 4.7 | 1.9 | 3.60 |
| Freshcure Gammon Joint (Aldi) | 750 | 322 | 4.1 | 0.8 | 2.99 |
| Tesco Gammon Joint With Honey (Serves 3) | 550 | 331.8 | 2.9 | 13.4 | 3.50 |
| Waitrose Easy To Cook Gammon joint with a sweet maple syrup glaze (Serves 3) | 456 | 381.5 | 8.8 | 7.8 | 5.99 |

* Values shown per serving

| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| --- | --- | --- | --- | --- | --- |
| Morrisons Smoked Gammon Joint | 750 | 101 | 0.9 | 0.3 | 3.20 |
| Morrisons Smoked Gammon Joint | 750 | 101 | 0.9 | 0.3 | 3.20 |
| ASDA Butcher's Selection Smoked Gammon Joint | 750 | 105 | 0.9 | 0.2 | 2.65 |
| Iceland Smoked Gammon Joint | 1000 | 105 | 1.2 | 0.0 | 4.00 |
| Iceland Unsmoked Gammon Joint | 1000 | 105 | 1.2 | 0.0 | 4.00 |
| ASDA Butcher's Selection Unsmoked Gammon Joint | 750 | 106 | 1.0 | 0.2 | 2.65 |
| Morrisons Unsmoked Gammon Joint | 750 | 111 | 1.3 | 0.1 | 3.20 |
| Tesco Roast In Bag Unsmoked Gammon Joint | 840 | 113 | 0.8 | 0.5 | 5.00 |
| Morrisons Plain Cook In The Bag Gammon Joint | 700 | 118 | 1.8 | 0.2 | 4.00 |
| Sainsbury's Honey Glazed Gammon Joint | 800 | 119 | 0.5 | 3.5 | 5.50 |
| Morrisons Eat Smart Unsmoked Gammon | 700 | 121 | 0.6 | 0.2 | 4.00 |
| Waitrose Unsmoked Gammon Joint | 570 | 137 | 1.3 | 0.0 | 5.70 |
| Morrisons Maple Glaze Cook In The Bag Gammon Joint | 700 | 138 | 2.5 | 0.3 | 4.00 |
| ASDA Simple to Cook Honey and Maple Gammon Joint | 700 | 142 | 1.3 | 0.9 | 4.25 |
| Morrisons Gammon With Honey Glaze | 600 | 146 | 1.4 | 1.0 | 3.00 |
| Iceland Roast From Frozen Easy Carve Boneless Basted Gammon Joint with a Honey Glaze | 600 | 162 | 2.0 | 2.0 | 3.50 |
| Dalehead Roast in the Bag Unsmoked Gammon (Serves 3) | 500 | 164 | 1.0 | 0.0 | 4.99 |
| British Outdoor Bred Unsmoked Gammon Joint, Taste the Difference | 750 | 165 | 1.9 | 1.7 | 7.50 |
| Sainsbury's Unsmoked Gammon Joint | 750 | 171 | 2.5 | 1.0 | 3.60 |
| Sainsbury's Smoked Gammon Joint | 750 | 171 | 2.5 | 1.0 | 3.60 |
| Freshcure Gammon Joint (Aldi) | 750 | 172 | 3.2 | 0.4 | 2.99 |
| Tesco Gammon Joint With Honey (Serves 3) | 550 | 181 | 1.6 | 7.3 | 3.50 |
| Sainsbury's Just Cook Honey Gammon Joint 470g (Serves 3) | 470 | 197 | 4.0 | 2.1 | 4.00 |
| Sainsbury's Just Cook British Gammon Joint With Apple & Blackberry Glaze (Serves 3) | 470 | 204 | 4.4 | 4.1 | 3.75 |
| Waitrose Easy To Cook Gammon joint with a sweet maple syrup glaze (Serves 3) | 456 | 251 | 5.8 | 5.1 | 5.99 |
| Home Roast Gammon Joint with Honey | 750 | 570 | 4.2 | 6.2 | 3.00 |

* Values shown per 100 grams

Supermarkets Tested

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

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