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| Food: | Sausages  |

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| HECK 10 Chicken Italia Sausages | 340 | 49.3 | 0.4 | 0.8 | 2.98 |
| HECK 10 Spring Chicken Sausages | 340 | 49.6 | 0.3 | 0.4 | 2.50 |
| Quorn Meat Free 6 Low Fat Sausages | 300 | 63.0 | 0.3 | 4.4 | 1.70 |
| Linda McCartney's Meat Free 6 Red Onion & Rosemary Sausages | 300 | 71.5 | 0.2 | 3.5 | 2.00 |
| Linda Mccartney 6 Vegetarian Red Onion And Rosemary Sausages | 300 | 71.5 | 0.2 | 3.5 | 2.00 |
| Richmond 16 Skinless Frozen Pork Sausages | 426 | 73.5 | 2.0 | 3.7 | 2.00 |
| Slimming World Free Food 6 Pork, Squash & Sage Sausages | 360 | 73.8 | 0.7 | 2.8 | 3.00 |
| ASDA 8 Reduced Fat Pork Sausages | 400 | 75.5 | 0.7 | 5.5 | 2.40 |
| Richmond 12 Thin Pork Sausages | 340 | 76.2 | 1.9 | 4.5 | 1.60 |
| Linda McCartney's Meat Free 6 Vegetarian Sausage | 300 | 80.0 | 1.0 | 3.8 | 2.00 |
| ASDA Extra Special 6 Light & Lean Pork Sausages | 400 | 81.3 | 0.7 | 2.9 | 2.50 |
| ASDA Butcher's Selection 8 Reduced Fat Pork Sausages | 400 | 82.5 | 1.2 | 4.4 | 1.45 |
| Quorn Meat Free 8 Sausages | 336 | 83.2 | 0.6 | 4.5 | 1.70 |
| Debbie And Andrews Pork Sausages x 10 | 600 | 92.4 | 2.6 | 1.9 | 3.00 |
| Slimming World 6 pork sausages | 360 | 92.4 | 1.3 | 0.5 | 3.00 |
| ASDA Smart Price 20 Sausages | 907 | 92.5 | 1.5 | 7.3 | 0.91 |
| Powters 6 low fat sausages | 400 | 96.7 | 0.9 | 6.9 | 3.09 |
| Butcher's Choice 20 Pork Sausages | 907 | 98.0 | 1.6 | 6.7 | 0.91 |
| Herta Frankfurter Hot Dogs x10 | 350 | 99.8 | 3.4 | 0.7 | 1.75 |
| Tesco Thick Pork And Beef Sausages 20 Pack | 900 | 102.2 | 2.3 | 6.1 | 2.75 |
| Richmond 8 Chicken Sausages | 400 | 103.0 | 1.7 | 7.0 | 2.50 |
| Tesco 20 Cumberland Sausages | 900 | 108.0 | 2.6 | 5.6 | 2.75 |
| Tesco 8 Reduced Fat Pork Sausages | 454 | 109.5 | 1.9 | 4.3 | 1.70 |
| ASDA Extra Special 6 Pork Welsh Cheddar & Smoked Bacon | 400 | 111.5 | 3.4 | 1.3 | 2.15 |
| Tesco Thick Pork Sausages 20 Pack | 900 | 112.1 | 2.7 | 5.2 | 2.75 |
| Morrisons Butchers Style Reduced Fat Pork Sausage | 454 | 114.6 | 2.0 | 6.4 | 1.65 |
| ASDA Butcher's Selection 8 Pork Sausages | 454 | 115.2 | 2.4 | 3.9 | 1.45 |
| ASDA Butcher's Selection 12 Pork Sausages | 681 | 115.2 | 2.4 | 3.9 | 2.09 |
| Morrisons Butchers Style Reduced Fat Cumberland Pork Sausage | 454 | 115.8 | 2.0 | 6.1 | 1.65 |
| Tesco British Chicken Sausages 6 Pack | 400 | 116.7 | 1.5 | 5.6 | 2.20 |
| ASDA Butcher's Selection 8 Cumberland Sausages | 454 | 116.9 | 2.8 | 3.4 | 1.45 |
| Tesco Reduced Fat Cumberland Sausage | 454 | 118.6 | 2.3 | 8.2 | 1.70 |
| Linda Mccartney 6 Vegetarian Sausages | 300 | 120.0 | 1.4 | 5.6 | 2.00 |
| Richmond 24 Thick Frozen Pork Sausages | 1080 | 121.1 | 3.1 | 7.2 | 3.50 |
| Richmond 14 Thick Frozen Pork Sausages | 634 | 121.8 | 3.1 | 7.2 | 2.00 |
| ASDA Farm Stores 8 Pork Sausages | 454 | 124.9 | 2.7 | 3.4 | 1.00 |
| ASDA 20 Thick Pork Sausages | 1000 | 125.0 | 2.8 | 5.5 | 2.00 |
| ASDA Butcher's Selection 8 Pork & Apple | 454 | 127.1 | 3.0 | 5.6 | 1.45 |
| Wall's Ready Baked Pork Sausages x 6 | 275 | 127.9 | 3.3 | 6.9 | 2.00 |
| Waitrose 8 Cumberland Sausages | 454 | 130.0 | 2.3 | 3.6 | 2.79 |
| Iceland 16 Pork & Beef Sausages | 800 | 130.5 | 3.4 | 3.6 | 1.75 |
| ASDA 20 Irish Recipe Pork Sausages | 1000 | 132.0 | 3.2 | 6.0 | 2.00 |
| ASDA Butcher's Selection 8 Lincolnshire Sausages | 454 | 132.2 | 3.5 | 1.1 | 1.45 |
| Iceland 16 Thick Irish Recipe Pork Sausages | 800 | 132.5 | 3.3 | 4.7 | 1.75 |
| ASDA 12 Cumberland Sausages | 600 | 133.0 | 3.6 | 3.9 | 2.40 |
| Waitrose 8 Lincolnshire Sausages | 454 | 133.9 | 3.0 | 3.4 | 2.79 |
| Musk's 6 Gluten Free pork sausages | 384 | 134.4 | 3.5 | 2.2 | 3.00 |
| Sainsbury's Butcher's Choice Pork Sausages x8 | 454 | 135.6 | 3.0 | 6.8 | 1.50 |
| Plumtree Farms 40 Value Sausages | 1800 | 135.9 | 3.9 | 2.7 | 2.00 |
| Walls Classic 8 Pork Sausages | 454 | 137.9 | 3.6 | 3.9 | 2.10 |
| Sainsbury's Butcher's Choice Lincolnshire Pork Sausages x8 | 454 | 139.6 | 3.4 | 4.8 | 1.50 |
| Powters 6 gluten-free sausages | 400 | 141.3 | 3.5 | 0.0 | 3.09 |
| Sainsbury's Butcher's Choice Cumberland Pork Sausages x8 | 454 | 142.4 | 3.2 | 5.3 | 1.50 |
| Tesco British Lincolnshire Sausages 8 Pack | 454 | 144.7 | 3.2 | 5.2 | 1.70 |
| Ballineen Chip Shop Style 6 Cooked Irish Sausages in a Crispy Batter | 240 | 146.4 | 2.3 | 12.4 | 1.50 |
| Waitrose Duchy Organic 6 British free range pork sausages with mixed herbs | 400 | 147.3 | 3.5 | 1.3 | 2.84 |
| Musk's 6 Newmarket pork sausages | 384 | 148.5 | 3.5 | 4.9 | 3.05 |
| Morrisons Butcher's Style Pork Sausages X 8 | 454 | 150.4 | 3.7 | 5.9 | 1.65 |
| Iceland Luxury 6 Cumberland Sausages | 400 | 150.5 | 4.5 | 1.6 | 2.00 |
| Richmond 12 Thick Pork Sausages | 681 | 152.7 | 3.9 | 9.1 | 3.20 |
| Morrisons Butcher's Style Thick Cumberland Sausages X 8 | 454 | 157.2 | 3.8 | 6.0 | 1.65 |
| HECK 6 97% Pork Sausages | 400 | 157.3 | 8.8 | 0.5 | 2.98 |
| Waitrose 6 British pork sausages with fresh leeks & chives | 400 | 160.0 | 4.0 | 3.6 | 3.29 |
| Morrisons Butcher's Style Thick Lincolnshire Sausages X 8 | 454 | 160.0 | 3.9 | 5.7 | 1.65 |
| Iceland 8 British Thick Pork Sausages | 454 | 162.3 | 4.0 | 4.9 | 1.69 |
| Tesco Finest 6 British Pork And Caramelised Onion Sausages  | 400 | 166.0 | 4.2 | 6.2 | 2.50 |
| essential Waitrose British Pork 8 Sausages | 454 | 168.0 | 4.8 | 4.9 | 1.98 |
| Henry Denny & Sons Gold Medal 8 Thick Pork Sausages | 454 | 168.0 | 4.7 | 6.4 | 2.00 |
| Waitrose 6 British gourmet pork sausages with black pepper & nutmeg | 400 | 168.7 | 3.9 | 3.9 | 3.29 |
| ASDA Extra Special 6 Lincolnshire Pork Sausages | 400 | 170.0 | 4.9 | 1.7 | 2.15 |
| ASDA Extra Special 6 Pork & Three Chilli Sausages | 400 | 170.7 | 5.0 | 1.7 | 2.15 |
| Waitrose 6 British pork sausages with bramley apple | 400 | 170.7 | 4.3 | 5.8 | 3.29 |
| Tesco British Pork Sausages 8 Pack | 454 | 170.8 | 4.1 | 5.1 | 1.70 |
| Powters 6 cider & sage sausages | 400 | 171.3 | 4.3 | 8.4 | 3.09 |
| ASDA Extra Special 6 Pork Sausages | 400 | 172.7 | 5.1 | 1.5 | 2.15 |
| Morrisons 8 Free From Sausages | 454 | 181.0 | 5.4 | 2.9 | 2.00 |
| Tesco British Cumberland Sausages 8 Pack | 454 | 185.0 | 4.8 | 5.1 | 1.70 |
| Powters celebrated Newmarket sausages X 6 | 400 | 188.7 | 5.2 | 11.0 | 3.09 |
| ASDA Extra Special 6 Bacon & Maple Syrup | 400 | 192.0 | 5.5 | 3.7 | 2.15 |
| Tesco Finest 6 British Pork Bramley Apple Sausages | 400 | 195.3 | 5.5 | 3.6 | 2.50 |
| Iceland Luxury 6 Thick Pork Sausages | 400 | 195.3 | 5.7 | 1.6 | 2.00 |
| Tesco Finest British 6 Lincolnshire Sausages | 400 | 196.0 | 6.1 | 0.4 | 2.50 |
| Waitrose 6 British pork sausages with caramelised red onion | 400 | 201.3 | 5.1 | 4.2 | 3.29 |
| Tesco Finest 10 Traditional Pork Sausages | 667 | 202.1 | 5.7 | 0.4 | 4.00 |
| Waitrose 1 British free range Cumberland pork sausages 6s | 400 | 212.0 | 5.7 | 0.9 | 3.29 |
| Waitrose 1 free range 6 pork sausages | 400 | 215.3 | 6.0 | 0.7 | 3.29 |
| Waitrose 1 British free range Lincolnshire pork sausages 6s | 400 | 222.7 | 6.3 | 1.1 | 3.29 |
| Tesco Finest 6 British Pork Cumberland Sausages | 400 | 225.3 | 6.7 | 1.1 | 2.50 |
| Mr Brain's 4 Pork Sausages in Our Classic West Country Sauce | 409 | 506.2 | 2.8 | 9.2 | 1.25 |

* Values Shown Per Sausage

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| Quorn Meat Free 6 Low Fat Sausages | 300 | 378.0 | 1.5 | 26.4 | 1.70 |
| Linda McCartney's Meat Free 6 Red Onion & Rosemary Sausages | 300 | 429.0 | 1.2 | 20.7 | 2.00 |
| Linda Mccartney 6 Vegetarian Red Onion And Rosemary Sausages | 300 | 429.0 | 1.2 | 20.7 | 2.00 |
| Slimming World Free Food 6 Pork, Squash & Sage Sausages | 360 | 442.8 | 4.3 | 16.6 | 3.00 |
| Linda McCartney's Meat Free 6 Vegetarian Sausage | 300 | 480.0 | 5.7 | 22.5 | 2.00 |
| Linda Mccartney 6 Vegetarian Sausages | 300 | 480.0 | 5.7 | 22.5 | 2.00 |
| ASDA Extra Special 6 Light & Lean Pork Sausages | 400 | 488.0 | 4.0 | 17.2 | 2.50 |
| HECK 10 Chicken Italia Sausages | 340 | 493.0 | 3.7 | 8.2 | 2.98 |
| HECK 10 Spring Chicken Sausages | 340 | 496.4 | 2.7 | 4.1 | 2.50 |
| Slimming World 6 pork sausages | 360 | 554.4 | 7.9 | 2.9 | 3.00 |
| Powters 6 low fat sausages | 400 | 580.0 | 5.6 | 41.2 | 3.09 |
| ASDA 8 Reduced Fat Pork Sausages | 400 | 604.0 | 5.2 | 44.0 | 2.40 |
| ASDA Butcher's Selection 8 Reduced Fat Pork Sausages | 400 | 660.0 | 9.6 | 35.2 | 1.45 |
| Quorn Meat Free 8 Sausages | 336 | 665.3 | 4.7 | 35.6 | 1.70 |
| Tesco British Chicken Sausages 6 Pack | 400 | 700.0 | 8.8 | 33.6 | 2.20 |
| Wall's Ready Baked Pork Sausages x 6 | 275 | 767.3 | 19.5 | 41.3 | 2.00 |
| Musk's 6 Gluten Free pork sausages | 384 | 806.4 | 21.1 | 13.4 | 3.00 |
| Richmond 8 Chicken Sausages | 400 | 824.0 | 13.2 | 56.0 | 2.50 |
| Powters 6 gluten-free sausages | 400 | 848.0 | 20.8 | 0.0 | 3.09 |
| Tesco 8 Reduced Fat Pork Sausages | 454 | 876.2 | 15.4 | 34.1 | 1.70 |
| Ballineen Chip Shop Style 6 Cooked Irish Sausages in a Crispy Batter | 240 | 878.4 | 13.7 | 74.2 | 1.50 |
| Waitrose Duchy Organic 6 British free range pork sausages with mixed herbs | 400 | 884.0 | 20.8 | 8.0 | 2.84 |
| Musk's 6 Newmarket pork sausages | 384 | 890.9 | 21.1 | 29.6 | 3.05 |
| ASDA Extra Special 6 Pork Welsh Cheddar & Smoked Bacon | 400 | 892.0 | 26.8 | 10.4 | 2.15 |
| Richmond 12 Thin Pork Sausages | 340 | 914.6 | 23.1 | 54.4 | 1.60 |
| Morrisons Butchers Style Reduced Fat Pork Sausage | 454 | 917.1 | 15.9 | 50.8 | 1.65 |
| ASDA Butcher's Selection 8 Pork Sausages | 454 | 921.6 | 19.5 | 31.3 | 1.45 |
| Debbie And Andrews Pork Sausages x 10 | 600 | 924.0 | 25.8 | 18.6 | 3.00 |
| Morrisons Butchers Style Reduced Fat Cumberland Pork Sausage | 454 | 926.2 | 15.9 | 49.0 | 1.65 |
| ASDA Butcher's Selection 8 Cumberland Sausages | 454 | 935.2 | 22.2 | 26.8 | 1.45 |
| HECK 6 97% Pork Sausages | 400 | 944.0 | 52.8 | 2.8 | 2.98 |
| Tesco Reduced Fat Cumberland Sausage | 454 | 948.9 | 18.2 | 65.4 | 1.70 |
| Waitrose 6 British pork sausages with fresh leeks & chives | 400 | 960.0 | 24.0 | 21.6 | 3.29 |
| Tesco Finest 6 British Pork And Caramelised Onion Sausages  | 400 | 996.0 | 25.2 | 37.2 | 2.50 |
| Herta Frankfurter Hot Dogs x10 | 350 | 997.5 | 34.3 | 7.0 | 1.75 |
| ASDA Farm Stores 8 Pork Sausages | 454 | 998.8 | 21.3 | 27.2 | 1.00 |
| Waitrose 6 British gourmet pork sausages with black pepper & nutmeg | 400 | 1012.0 | 23.2 | 23.2 | 3.29 |
| ASDA Butcher's Selection 8 Pork & Apple | 454 | 1017.0 | 24.1 | 44.5 | 1.45 |
| ASDA Extra Special 6 Lincolnshire Pork Sausages | 400 | 1020.0 | 29.2 | 10.0 | 2.15 |
| ASDA Extra Special 6 Pork & Three Chilli Sausages | 400 | 1024.0 | 30.0 | 10.0 | 2.15 |
| Waitrose 6 British pork sausages with bramley apple | 400 | 1024.0 | 25.6 | 34.8 | 3.29 |
| Powters 6 cider & sage sausages | 400 | 1028.0 | 26.0 | 50.4 | 3.09 |
| ASDA Extra Special 6 Pork Sausages | 400 | 1036.0 | 30.8 | 8.8 | 2.15 |
| Waitrose 8 Cumberland Sausages | 454 | 1039.7 | 18.2 | 28.6 | 2.79 |
| ASDA Butcher's Selection 8 Lincolnshire Sausages | 454 | 1057.8 | 27.7 | 8.6 | 1.45 |
| Waitrose 8 Lincolnshire Sausages | 454 | 1071.4 | 23.6 | 26.8 | 2.79 |
| Sainsbury's Butcher's Choice Pork Sausages x8 | 454 | 1085.1 | 24.1 | 54.5 | 1.50 |
| Walls Classic 8 Pork Sausages | 454 | 1103.2 | 28.6 | 31.3 | 2.10 |
| Sainsbury's Butcher's Choice Lincolnshire Pork Sausages x8 | 454 | 1116.8 | 26.8 | 38.1 | 1.50 |
| Powters celebrated Newmarket sausages X 6 | 400 | 1132.0 | 31.2 | 66.0 | 3.09 |
| Sainsbury's Butcher's Choice Cumberland Pork Sausages x8 | 454 | 1139.5 | 25.9 | 42.7 | 1.50 |
| ASDA Extra Special 6 Bacon & Maple Syrup | 400 | 1152.0 | 32.8 | 22.4 | 2.15 |
| Tesco British Lincolnshire Sausages 8 Pack | 454 | 1157.7 | 25.9 | 41.3 | 1.70 |
| Tesco Finest 6 British Pork Bramley Apple Sausages | 400 | 1172.0 | 32.8 | 21.6 | 2.50 |
| Iceland Luxury 6 Thick Pork Sausages | 400 | 1172.0 | 34.0 | 9.6 | 2.00 |
| Richmond 16 Skinless Frozen Pork Sausages | 426 | 1175.8 | 32.0 | 59.6 | 2.00 |
| Tesco Finest British 6 Lincolnshire Sausages | 400 | 1176.0 | 36.8 | 2.4 | 2.50 |
| Morrisons Butcher's Style Pork Sausages X 8 | 454 | 1203.1 | 29.5 | 46.8 | 1.65 |
| Iceland Luxury 6 Cumberland Sausages | 400 | 1204.0 | 35.6 | 12.4 | 2.00 |
| Waitrose 6 British pork sausages with caramelised red onion | 400 | 1208.0 | 30.8 | 25.2 | 3.29 |
| Morrisons Butcher's Style Thick Cumberland Sausages X 8 | 454 | 1257.6 | 30.4 | 48.1 | 1.65 |
| Waitrose 1 British free range Cumberland pork sausages 6s | 400 | 1272.0 | 34.0 | 5.6 | 3.29 |
| Morrisons Butcher's Style Thick Lincolnshire Sausages X 8 | 454 | 1280.3 | 31.3 | 45.9 | 1.65 |
| Waitrose 1 free range 6 pork sausages | 400 | 1292.0 | 36.0 | 4.4 | 3.29 |
| Iceland 8 British Thick Pork Sausages | 454 | 1298.4 | 31.8 | 39.0 | 1.69 |
| Waitrose 1 British free range Lincolnshire pork sausages 6s | 400 | 1336.0 | 37.6 | 6.4 | 3.29 |
| essential Waitrose British Pork 8 Sausages | 454 | 1343.8 | 38.1 | 39.5 | 1.98 |
| Henry Denny & Sons Gold Medal 8 Thick Pork Sausages | 454 | 1343.8 | 37.7 | 51.3 | 2.00 |
| Tesco Finest 6 British Pork Cumberland Sausages | 400 | 1352.0 | 40.0 | 6.8 | 2.50 |
| Tesco British Pork Sausages 8 Pack | 454 | 1366.5 | 33.1 | 40.4 | 1.70 |
| ASDA Butcher's Selection 12 Pork Sausages | 681 | 1382.4 | 29.3 | 47.0 | 2.09 |
| Morrisons 8 Free From Sausages | 454 | 1448.3 | 43.1 | 23.2 | 2.00 |
| Tesco British Cumberland Sausages 8 Pack | 454 | 1480.0 | 38.1 | 40.4 | 1.70 |
| ASDA 12 Cumberland Sausages | 600 | 1596.0 | 42.6 | 46.8 | 2.40 |
| Richmond 14 Thick Frozen Pork Sausages | 634 | 1705.5 | 43.1 | 101.4 | 2.00 |
| Richmond 12 Thick Pork Sausages | 681 | 1831.9 | 46.3 | 109.0 | 3.20 |
| ASDA Smart Price 20 Sausages | 907 | 1850.3 | 30.8 | 145.1 | 0.91 |
| Butcher's Choice 20 Pork Sausages | 907 | 1959.1 | 32.7 | 133.3 | 0.91 |
| Tesco Finest 10 Traditional Pork Sausages | 667 | 2021.0 | 57.4 | 4.0 | 4.00 |
| Mr Brain's 4 Pork Sausages in Our Classic West Country Sauce | 409 | 2024.6 | 11.0 | 36.8 | 1.25 |
| Tesco Thick Pork And Beef Sausages 20 Pack | 900 | 2043.0 | 46.8 | 122.4 | 2.75 |
| Iceland 16 Pork & Beef Sausages | 800 | 2088.0 | 53.6 | 57.6 | 1.75 |
| Iceland 16 Thick Irish Recipe Pork Sausages | 800 | 2120.0 | 52.0 | 75.2 | 1.75 |
| Tesco 20 Cumberland Sausages | 900 | 2160.0 | 51.3 | 112.5 | 2.75 |
| Tesco Thick Pork Sausages 20 Pack | 900 | 2241.0 | 54.9 | 104.4 | 2.75 |
| ASDA 20 Thick Pork Sausages | 1000 | 2500.0 | 55.0 | 110.0 | 2.00 |
| ASDA 20 Irish Recipe Pork Sausages | 1000 | 2640.0 | 63.0 | 120.0 | 2.00 |
| Richmond 24 Thick Frozen Pork Sausages | 1080 | 2905.2 | 73.4 | 172.8 | 3.50 |
| Plumtree Farms 40 Value Sausages | 1800 | 5436.0 | 156.6 | 109.8 | 2.00 |

* Values Shown Per Pack

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*