



## SLIMTONE'S GUIDE TO SAUCES

**SAUCES CAN ALL ADD A ZING TO OUR MEALS TAKE A LOOK AT THE WINNERS FROM THE SINNERS.**

<b>Calories per 15g tablespoon unless otherwise stated.</b>	
Amoy Light Soy Sauce per 15ml	<b>9</b>
Blue Dragon Sweet Chilli /Plum Sauce per 15ml	<b>35</b>
Coleman's Seafood Sauce per 15ml	<b>44</b>
Coleman's Tartare Sauce per 15ml	<b>42</b>
Coleman's Bramley Apple Sauce per 15ml	<b>17</b>
Coleman's Classic Mint Sauce per 15ml	<b>17</b>
Daddies Brown Sauce	<b>16</b>
Hellmann's Mayonnaise/Light/Extra Light	<b>110/41/10</b>
Heinz Salad Cream/30% less fat/70% less fat	<b>50/37/22</b>
Horseradish Sauce	<b>16</b>
HP Original BBQ Sauce / Fruity Sauce	<b>20</b>
Heinz Tomato Ketchup per 15 ml	<b>18</b>
HP Brown Sauce	<b>18</b>
Lea & Perrins Worcester Sauce	<b>16</b>
Ocean Spray Cranberry Sauce	<b>23</b>
Piccalilli	<b>14</b>
Sharwood's Mango Chutney	<b>48</b>

