



JUST ESSENTIALS by ASDA Fromage Frais 12x50g (600g)

12x50g

★★★★★ (8)

Product code: 7735340

£0.80

(13.3p/100g)

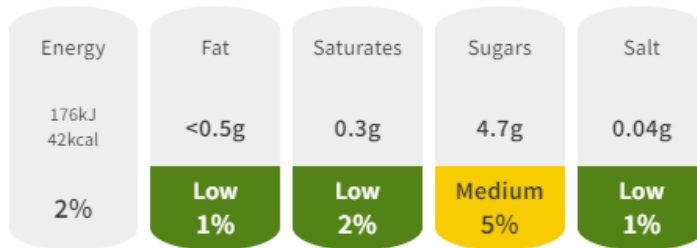
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Each apricort fromage frais contains:

Each apricort fromage frais contains:



of your reference intake

Typical energy values per 100g: 352kJ/83kcal

Description

Reviews (8)

Net Content

50 Grams

Life Style

Suitable for Vegetarians.

Allergy Advice

Contains: Milk.

Strawberry Flavour Fromage Frais

Ingredients

Fromage Frais (**Milk**), Water, Sugar, Strawberry Purée (5%), Cream (**Milk**), Cornflour, Modified Tapioca Starch, Colour (Anthocyanins), Flavouring, Acidity Regulators (Citric Acid, Sodium Citrates), Thickener (Xanthan Gum)

Nutritional Values

Typical values

Per 100g

Energy

343kJ/81kcal

Fat

0.9g

of which saturates

0.6g

Carbohydrate

11g

of which sugars

9.8g

Fibre

<0.5g

Protein

6.8g

Salt

0.08g

Apricot Flavour Fromage Frais

Ingredients

Fresh Cheese (**Milk**), Water, Sugar, Apricot Purée (5%), Cream (**Milk**), Cornflour, Modified Tapioca Starch, Flavouring, Acidity Regulators (Sodium Citrates, Citric Acid), Thickener (Xanthan Gum), Colour (Paprika Extract)

Nutritional Values

Typical values

Per 100g

Energy

352kJ/83kcal

Fat

0.9g

of which saturates

0.6g

Carbohydrate

12g

of which sugars

9.3g

Fibre

<0.5g

Protein

6.8g

Salt

0.08g

Raspberry Flavour Fromage Frais

Ingredients

Fromage Frais (**Milk**), Water, Sugar, Raspberry Purée (5%), Cream (**Milk**), Cornflour, Modified Tapioca Starch, Colour (Anthocyanins), Flavouring, Acidity Regulators (Citric Acid, Sodium Citrates), Thickener (Xanthan Gum)

Nutritional Values

Typical values

Per 100g

Energy

340kJ/80kcal

Fat

0.8g

of which saturates

0.6g

Carbohydrate

11g

of which sugars

8.8g

Fibre

<0.5g

Protein

Per bar (20g):



6.8g

Salt

0.07g

100g: 1740kJ/413kcal

Reference intake of an average adult (8400kJ/2000kcal)

Description

Reviews (102)

Net Content

20 Grams

Life Style

Halal. Suitable for Vegetarians.

Allergy Advice

Contains: Barley, Milk, Soya.



Kellogg's Rice Krispies Breakfast Cereal Bars

6x20g

★★★★★ (50+)

Product code: 975017

100
cals
or less
per pack

100 Calories
or less per
pack



£1.35

(£1.12/100g)

Ingredients

Kellogg's Toasted Rice Cereal (28%) (Rice, Sugar, Salt, **Barley** Malt Flavouring, Niacin, Iron, Vitamin B6, Vitamin B2 {Riboflavin}, Vitamin B1 {Thiamin}, Folic Acid, Vitamin D, Vitamin B12), Sweetened Condensed Skimmed **Milk** (13%) (Skimmed **Milk**, Sugar), Vegetable Oils (Palm, Palm Kernel, Coconut) in varying proportions, Glucose Syrup, Starch, Invert Sugar Syrup, Dried Skimmed **Milk** (5.5%), Sugar, Fructose, Oligofructose, Humectants (Glycerol, Sorbitol), Calcium Carbonate, **Milk** Whey Powder, Emulsifier (**So**y Lecithin), Antioxidants (Ascorbyl Palmitate, Alpha Tocopherol), Acidity Regulator (Diphosphates), Flav Vitamin D

For allergens see ingredients highlighted in bold.

Nutritional Values

Typical values	/100g	/20g
Energy	1740kJ	348kJ
	413kcal	83kcal
Fat	11g	2.2g
of which saturates	8.5g	1.7g
Carbohydrate	73g	15g
of which sugars	29g	5.8g
Fibre	3g	0.6g
Protein	5.1g	1.0g
Salt	0.55g	0.11g
Vitamins:		
Vitamin D	5.0µg	1.0µg
Minerals:		
Calcium	680mg	136mg

*Reference intake of an average adult (8400kJ/2000kcal)



Kellogg's Coco Pops Breakfast Cereal & Milk Bars

6x20g

★★★★★ (50+)

Product code: 559726

100 cals or less per pack

£1.35

(£1.12/100g)

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Sponsored products you might

Per bar (20g):

Energy

346kJ
82kcal

4%

100g: 1729 kJ / 411 kcal
Reference intake of an average adult (8400 kJ / 2000 kcal)

Description

Reviews (53)

Net Content
20 Grams

Life Style
Halal. Suitable for Vegetarians.

Allergy Advice
May Contain: Cereals Containing Gluten. Contains: Barley, Milk, Soya.

May contain Gluten from other Cereals.

Additives
Free From: Artificial Colours, Artificial Flavours, Artificial Preservatives.

Additives
Free From: Artificial Colours, Artificial Flavours, Artificial Preservatives.

Ingredients
Rice (33%), Vegetable Oils (Palm, Coconut) in varying proportions, Sweetened Condensed Skimmed **Milk** (10%) (Skimmed **Milk**, Sugar), Glucose Syrup, Sugar, Starch, Invert Sugar Syrup, Skimmed **Milk** Powder (4.5%), Fat Reduced Cocoa Powder, Oligofructose, Fructose, Calcium Carbonate, Humectants (Glycerol, Sorbitol), **Milk** Whey Powder, **Barley** Malt Extract, Salt, Emulsifier (**Soy** Lecithin), Flavouring, Vanilla Extract, Natural Flavourings, Antioxidants (Ascorbyl Palmitate, Alpha Tocopherol), Niacin, Iron, Vitamin B6, Riboflavin, Thiamin, Vitamin D, Folic Acid, Vitamin B12

For allergens see ingredients highlighted in bold.

Nutritional Values

Typical values	/100g	NRV*
Energy	1729 kJ 411 kcal	
Fat	11 g	
of which saturates	8 g	
Carbohydrate	70 g	
of which sugars	26 g	
Fibre	4.4 g	
Protein	5.7 g	
Salt	0.46 g	
Vitamins:		
Vitamin D	5.0 µg	100 %
Calcium	680 mg	85 %

*Reference intake of an average adult (8400 kJ / 2000 kcal)



The BAKERY at ASDA 8 Chocolate Chip Brioche Rolls

8pk

★★★★☆ (50+)

Product code: 2033206

10 days Typically fresh for 10 days

£1.30

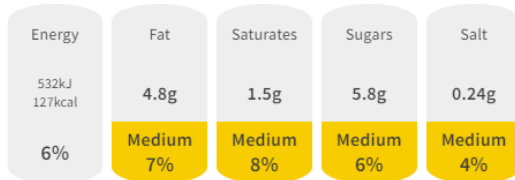
(16.2p/each)

Add

Favourite

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Each brioche roll contains:



of your reference intake

Typical energy values per 100g: 1520kJ/362kcal

Description

Reviews (130)

Net Content

280 Grams

Life Style

Suitable for Vegetarians.

Allergy Advice

May Contain: Barley, Oats, Soya. Contains: Eggs, Milk, Rye, Wheat.

May also contain Soya, Barley, Spelt, Kamut and Oat.

Additives

Free From: Artificial Colours, Artificial Flavours.

Ingredients

Wheat Flour, **Milk** Chocolate Chips (17%) [Sugar, Whole **Milk** Powder, Cocoa Butter, Cocoa Mass, Lactose (**Milk**), Emulsifier (Lecithins), Flavouring], Pasteurised Whole **Egg**, Sugar, Rapeseed Oil, **Egg** White, Skimmed **Milk** Powder, Yeast, Emulsifiers (Mono- and Diglycerides of Fatty Acids, Sodium Stearoyl-2-Lactylate), Salt, Flavourings, **Wheat** Gluten, Antioxidant (Ascorbic Acid), Colour (Carotenes), **Rye** Flour

For allergens, including Cereals containing Gluten, see ingredients in bold.

Nutritional Values

Typical values	Per 100g	Per brioche roll
Energy kJ	1520	532
Energy kcal	362	127
Fat	14g	4.8g
of which saturates	4.2g	1.5g
Carbohydrate	51g	18g
of which sugars	17g	5.8g
Fibre	1.9g	0.7g
Protein	8.4g	2.9g
Salt	0.69g	0.24g

We suggest this product provides 8 servings

Bananas

Nutritional Values

Typical values

Per 100g Reference Intake

Energy kJ

359 8400

Energy kcal

84 2000

Fat

0.1g 70g

of which saturates

<0.1g 20g

Carbohydrate

20g 260g

of which sugars

18g 90g

Fibre

1.4g

Protein

1.2g 50g

Salt

<0.01g 6g

Vitamins

%RI

Vitamin B6

0.31mg 22%

RI means Reference Intake

Features

Source of Fibre and Potassium.



Oranges

Features

High in vitamin C.

Product Information

1 of your 5 a day*ⁿ*per 2 fruit



Apples

Colour and Variety may vary

Nutritional Values

Typical values

Per 100g

Energy

226kJ

53kcal

Fat

0.1g

of which saturates

<0.1g

Carbohydrate

12g

of which sugars

12g

Fibre

1.8g

Protein

0.4g

Salt

<0.01g



Life Style



Suitable for Vegans.

Allergy Advice

May Contain: Barley, Oats, Rye. Contains: Wheat.

May also contain Rye, Spelt, Barley and Oats.

Ingredients

Fortified **Wheat** Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Palm Oil, Humectant (Glycerol), Raising Agents (Diphosphates, Sodium Carbonates), Sugar, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acidity Regulator (Citric Acid), Salt, Preservatives (Calcium Propionate), **Wheat** Starch, Flour Treatment Agent (L-Cysteine)

For allergens, including Cereals containing Gluten, see ingredients in bold.

Nutritional Values

Typical values

(as sold) Per 100g (as sold) Per wrap

Energy kJ

1199 731

Energy kcal

284 173

Fat

5.0g 3.1g

of which saturates

2.2g 1.3g

Carbohydrate

50g 30g

of which sugars 2.2g 1.3g

Fibre

3.7g 2.3g

Protein

8.2g 5.0g

Salt

0.95g 0.58g



Strawberry Jam

Life Style

Suitable for Vegetarians.

Ingredients

Glucose-Fructose Syrup, Strawberry, Sugar, Acidity Regulators (Citric Acid, Sodium Citrates), Gelling Agent (Pectins), Prepared with 34g of Fruit per 100g, Total Sugar content: 62g per 100g

Nutritional Values

Typical values

Per 100g Per 15g

Energy kJ

1068 160

Energy kcal

251 38

Fat

<0.5g <0.5g

of which saturates

<0.1g <0.1g

Carbohydrate

61g 9.2g

of which sugars

49g 7.4g

Fibre

0.8g <0.5g

Protein

<0.5g <0.5g

Salt 0.03g <0.01g

Features

Suitable for vegetarians.



Crumpets

Life Style

Suitable for Vegans.

Allergy Advice

May Contain: Milk, Soya. Contains: Wheat.

May also contain Milk and Soya.

Ingredients

Fortified **Wheat** Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Sugar, Yeast, Raising Agents (Diphosphates, Sodium Carbonates), Spirit Vinegar, Salt, Preservative (Potassium Sorbate)

For allergens, including Cereals containing Gluten, see ingredients in bold.

Nutritional Values

Typical values (toasted) Per 100g

Energy kJ

878

Energy kcal

207

Fat 1.1g

of which saturates

0.2g

Carbohydrate

42g

of which sugars

3.0g

Fibre

2.4g

Protein

6.1g

Salt

1.2g

Features

Suitable for vegans.



Sliced Cheese
Life Style
Suitable for Vegetarians.

Allergy Advice

Contains: **Milk**.

Additives

Free From: Artificial Colours, Artificial Flavours.

Ingredients

Mild Cheddar Cheese (from **Milk**)

For allergens, see ingredients in bold.

Nutritional Values

Typical values Per 100g Per 25g

Energy 1729kJ

Energy 417kcal

Fat 35g of which saturates 22g

Carbohydrate <0.5g

of which sugars <0.5g

Fibre 0g

Protein 25g

Salt 1.8g

Calcium 739mg 92% 185mg 23%

As a guide, we recommend this product provides: 10 servings

RI means Reference Intake.

Features

Smooth & creamy. Source of calcium and high in protein. Suitable for vegetarians. No Artificial Colours or Flavours.



Wafer Thin Ham

Additives

Free From: Artificial Colours, Artificial Flavours.

Ingredients

Pork (79%), Water, Salt, Dextrose, Stabiliser (Triphosphates), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)

Nutritional Values

Typical values

Per 100g Reference Intake

Energy kJ

526 8400

Energy kcal

126 2000 Fat

6.1g 70g

of which saturates

2.1g 20g

Carbohydrate

1.0g 260g

of which sugars

0.7g 90g

Fibre

0.6g

Protein

16g 50g

Salt

1.5g 6g

Features

Cured and cooked until succulent, reformed with added water. No Artificial Colours or Flavours.

Regulated Product Name

Reformed, cured and cooked pork leg with added water



White Bread

Life Style

Suitable for Vegans.

Allergy Advice

May Contain: Barley, Oats, Rye. Contains: Soya, Wheat.

May also contain Rye, Barley and Oats.

Ingredients

Fortified **Wheat** Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Yeast, Salt, Vegetable Oils and Fat [Rapeseed Oil, Palm Fat, Palm Oil], Spirit Vinegar, Preservative (Calcium Propionate), **Soya** Flour, Emulsifiers (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid)

For allergens, including Cereals containing Gluten, see ingredients in bold.

Nutritional Values

Typical values

Per 100g Per slice

Energy kJ

1013 405

Energy kcal

239 96

Fat

2.2g 0.9g

of which saturates

0.5g 0.2g

Carbohydrate

46g 18g

of which sugars

2.5g 1.0g

Fibre

2.3g 0.9g

Protein

8.1g 3.2g

Salt

0.89g 0.36g



Spaghetti Loops

Life Style

Suitable for Vegetarians.

Allergy Advice

Contains: **Wheat**.

Additives

Free From: Artificial Colours, Artificial Flavours.

Ingredients

Tomatoes (49%), Cooked Spaghetti Pasta Loops (43%) [Water, Durum **Wheat** Semolina], Sugar, Water, Modified Maize Starch, Onion Powder, Salt, Fortified **Wheat** Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Acidity Regulator (Citric Acid), Paprika, Rapeseed Oil, Paprika Extract, Yeast Extract, Flavourings

For allergens, including Cereals containing Gluten, see ingredients in bold.

Nutritional Values

Typical values (hob-heated) Per 100g (hob-heated) Per 1/2 can

Energy kJ 253 499

Energy kcal 60 118

Fat <0.5g 1.0g

of which saturates <0.1g 0.2g

Carbohydrate 12g 23g

of which sugars 3.3g 6.5g

Fibre 1.0g 2.0g

Protein 1.8g 3.6g

Salt 0.25g 0.49g

We suggest this product provides 2 servings

Features

In our tasty tomato sauce. No Artificial Colours, Flavours or Hydrogenated Fat. Suitable for vegetarians.



Beans

Life Style

Suitable for Vegetarians.

Additives

Free From: Artificial Colours, Artificial Flavours.

Ingredients

Haricot Beans (49%), Tomatoes (36%), Water, Sugar, Modified Maize, Starch, Salt, Paprika, Onion Powder, Paprika Extract, Flavourings

Nutritional Values

Typical values (hob-heated) Per 100g (hob-heated) Per 1/2 can

Energy kJ 385 789

Energy kcal 91 187

Fat <0.5g 1.0g

of which saturates <0.1g 0.2g

Carbohydrate 15g 30g

of which sugars 4.2g 8.6g

Fibre 4.6g 9.4g

Protein 4.9g 10g

Salt 0.47g 0.96g

We suggest this product provides 2 servings

Features

High in protein. Source of fibre. 1 of your 5 a day per 1/2 can. No Artificial Colours, Flavours or Hydrogenated Fat. Suitable for vegetarians.



Beans & Sausages

Allergy Advice

Contains: **Milk, Wheat.**

Additives

Free From: Artificial Colours, Artificial Flavours, Artificial Preservatives.

Ingredients

Beans (41%), Tomatoes (32%), Pork Sausages (16%) (Pork (66%), Water, **Wheat** Flour (contains Calcium Carbonate, Iron, Thiamin, Niacin), Pork Fat, Potato Starch, Salt, Lactose [**Milk**], Stabiliser (Diphosphates), Yeast Extract, Spice and Herb Extracts, Beef Collagen Casing), Water, Sugar, Modified Maize Starch, Salt, Paprika, White Pepper, Smoked Paprika, Fennel Seed, Flavourings

Nutritional Values

Typical values Per 100g Per 1/2 can portion

Energy (kJ) 426 861

Energy (kcal) 101 205

Fat (g) 2.5 5.1

of which saturates (g) 0.8 1.6

Carbohydrate (g) 12.2 24.7

of which sugars (g) 5.3 10.7

Fibre (g) 3.8 7.7

Protein (g) 5.6 11.2

Salt (g) 0.76 1.54



ASDA Spaghetti Loops & Sausages in a Rich Tomato Sauce

395g

★★★★☆ (50+)

Product code: 147816

£0.90

(£2.28/kg)

Add

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Allergy Advice

Contains: **Wheat**.

Additives

Free From: Artificial Colours, Artificial Flavours.

Ingredients

Cooked Spaghetti Pasta Loops (36%) [Water, Durum **Wheat** Semolina], Tomato Purée (22%), Water, Pork Sausages (17%) [Pork (52%), Water, Fortified **Wheat** Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Potato Starch, Salt, Dextrose, Rapeseed Oil, Yeast Extract, Spice and Herb Extracts, Sausage Casing [Beef Protein]], Sugar, Modified Maize Starch, Onion Powder, Salt, Fortified **Wheat** Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Antioxidant (Ascorbic Acid), Yeast Extract, Paprika Extract, Rapeseed Oil, Flavourings

For allergens, including Cereals containing Gluten, see ingredients in bold.

Nutritional Values

Typical values (hob-heated) Per 100g (hob-heated) Per 1/2 can

Energy kJ 343 677

Energy kcal 81 161

Fat 2.2g 4.3g

of which saturates 0.7g 1.4g

Carbohydrate 12g 23g

of which sugars 3.2g 6.3g

Fibre 1.0g 2.0g

Protein 3.4g 6.7g

Salt 0.62g 1.2g

We suggest this product provides 2 servings

Features

In our tasty tomato sauce. No Artificial Colours, Flavours or Hydrogenated Fat.



ASDA Spaghetti Strands in Tomato Sauce 395g

395g

★★★★☆ (50+)

Product code: 164340

~~£0.42~~ **£0.39**

(98.7p/kg)

Add

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Great offers

Life Style

Suitable for Vegetarians.

Allergy Advice

Contains: **Wheat**.

Additives

Free From: Artificial Colours, Artificial Flavours.

Ingredients

Cooked Spaghetti Pasta (47%) [Water, Durum **Wheat** Semolina], Tomato Purée (30%), Water, Sugar, Modified Maize Starch, Onion Powder, Salt, Fortified **Wheat** Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Acidity Regulator (Citric Acid), Rapeseed Oil, Paprika Extract, Yeast Extract, Flavourings

For allergens, including Cereals containing Gluten, see ingredients in bold.

Nutritional Values

Typical values (hob-heated) Per 100g (hob-heated) Per 1/2 can

Energy kJ 273 540

Energy kcal 65 127

Fat <0.5g 0.6g

of which saturates <0.1g 0.2g

Carbohydrate 13g 26g

of which sugars 5.2g 10g

Fibre 1.1g 2.2g

Protein 1.7g 3.4g

Salt 0.38g 0.75g

We suggest this product provides 2 servings

Features

In our tasty tomato sauce. No Artificial Colours, Flavours or Hydrogenated Fat.

ASDA Cream Crackers

300g

★★★★★ (50+)

Product code: 49053



£0.49

(16.3p/100g)

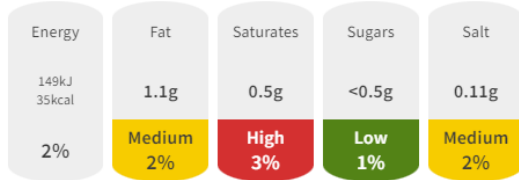
Add

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Sponsored products you might like

Each cracker contains:



of your reference intake

Typical energy values per 100g: 1860kJ/442kcal

Description

Reviews (346)

Net Content

300 Grams

Life Style

Suitable for Vegans.

Allergy Advice

Contains: Wheat.

Additives

Free From: Artificial Colours, Artificial Flavours.

Ingredients

Fortified **Wheat** Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Palm Oil, Salt, Raising Agent (Sodium Carbonates), Yeast

For allergens, including Cereals containing Gluten, see ingredients in bold.



Dairylea Cheese Spread

270g

★★★★★ (50+)

Product code: 4767740

£2.95 **£2.25**

(£8.33/kg)

Add

♥ **Favourite**

📋 **Add to list**

Great offers

Each 25 g serving contains:

Energy	Fat	Saturates	Sugars	Salt
209kJ 50kcal	3.5g	2.3g	1.2g	0.38g
3%	5%	12%	1%	6%

% reference intake of an average adult (8400 kJ / 2000 kcal)

Description

Reviews (116)

Net Content

270 Grams

Life Style

Suitable for Vegetarians.

Allergy Advice

Contains: Milk.

Ingredients

Skimmed **Milk** (Water, Skimmed **Milk** Powder), **Cheese**, Inulin, **Milk** Fat, Whey Powder (from **Milk**), Skimmed **Milk** Powder, Emulsifying Salts (Triphosphate, Polyphosphates), **Milk** Protein, Calcium Phosphate, Acidity Regulator (Citric Acid)



ASDA Rice Snaps 375g

375g

★★★★★ (50+)

Product code: 6611040

£0.95 **£0.85**

(22.7p/100g)

Add

Favourite

Add to list

Great offers

Ingredients

Rice, Sugar, Malted **Barley** Extract, Salt, Vitamin and Mineral Mix (Iron, Niacin (B3), Pantothenic Acid (B5), Riboflavin (B2), Vitamin B6, Thiamin (B1), Folic Acid (B9), Vitamin D, Vitamin B12)

For allergens, see ingredients in bold.

Nutritional Values

Typical values	Per 100g	%RI†
Energy kJ	1635	
Energy kcal	385	
Fat	1.3g	
of which saturates	0.4g	
Carbohydrate	85g	
of which sugars	4.9g	
Fibre	1.6g	
Protein	7.9g	
Salt	0.53g	
Vitamins & minerals		
Vitamin D	5.0µg	100%
Thiamin (B1)	1.1mg	100%
Riboflavin (B2)	1.4mg	100%
Niacin (B3)	16mg	100%
Vitamin B6	1.4mg	100%
Folic Acid (B9)	200µg	100%
Vitamin B12	2.5µg	100%

Pantothenic Acid (B5)	6.0mg	100%
Iron	14mg	100%

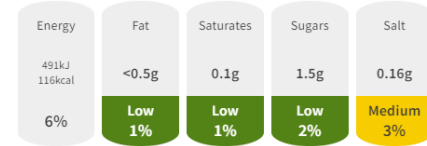
†RI = Reference Intake

We suggest this product provides approximately 12 servings

This pack contains approximately 12 servings of 30g



Each 30g contains:



of your RI†

Typical energy values per 100g: 16371kJ/386kcal

Description	Reviews (111)
Net Content 375 Grams	
Life Style Suitable for Vegetarians.	
Allergy Advice Contains: Barley.	
Additives Free From: Artificial Colours, Artificial Flavours.	



ASDA Choco Hoops 500g

500g

★★★★★ (50+)

Product code: 5774281

£1.15

(23.0p/100g)

Add

Favourite

Add to list

Great offers

Each 30g contains:

Life Style

Suitable for Vegetarians.

Allergy Advice

May Contain: **Milk**. Contains: **Wheat**.

May also contain traces of Milk.

Additives

Free From: Artificial Colours, Artificial Flavours.

Ingredients

Fortified **Wheat** Flour and **Wheat** Flour Blend (78%) [Wholegrain **Wheat** Flour (75%), Fortified **Wheat** Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)]], Sugar, Maltodextrin, Fat-Reduced Cocoa Powder (5%), Salt, Flavouring, Vitamin and Mineral Mix [Niacin (B3), Iron, Riboflavin (B2), Thiamin (B1), Vitamin D]

For allergens, including Cereals containing Gluten, see ingredients in bold.

Nutritional Values

Typical values Per 100g %RI Per 100g

Energy kJ 1569

Energy kcal 371

Fat 2.0g

of which saturates 0.7g

Carbohydrate 75g

of which sugars 20g

Fibre 7.9g

Protein 9.2g

Salt 0.28g

Vitamins & minerals

Vitamin D 5.0µg 100%

Thiamin 1.1mg 100%

Riboflavin 1.4mg 100%

Niacin 16mg 100%

Iron 7.8mg 56%

RI means Reference Intake

This pack contains approximately 16 servings of 30g

Features

Get Off to a Super Start. Contains Wholegrain. High in Vitamin D and Fibre. No Artificial Colours, Flavours or Hydrogenated Fat. Suitable for vegetarians.



ASDA Corn Flakes 500g

500g

★★★★★ (50+)

Product code: 7602025

£0.75

(15.0p/100g)

Add

♥ Favourite

Add to list

Each 30g contains::

Life Style

Suitable for Vegetarians.

Allergy Advice

Contains: **Barley**.

Additives

Free From: Artificial Colours, Artificial Flavours.

Ingredients

Maize, Sugar, Salt, Malted **Barley** Extract, Vitamin and Mineral Mix [Iron, Niacin (B3), Pantothenic Acid (B5), Vitamin B6, Riboflavin (B2), Thiamin (B1), Folic Acid (B9), Vitamin D, Vitamin B12]

For allergens, see ingredients in bold.

Nutritional Values

Typical values Per 100g %RI Per 100g

Energy kJ 1644

Energy kcal 387

Fat 1.2g

of which saturates 0.3g

Carbohydrate 85g

of which sugars 6.1g

Fibre 2.5g

Protein 7.7g

Salt 0.59g

Vitamins & minerals

Vitamin D 5.0µg 100%

Thiamin (B1) 1.1mg 100%

Riboflavin (B2) 1.4mg 100%

Niacin (B3) 16mg 100%

Vitamin B6 1.4mg 100%

Folic Acid (B9) 400µg 200%

Vitamin B12 2.5µg 100%

Pantothenic Acid (B5) 6.0mg 100%

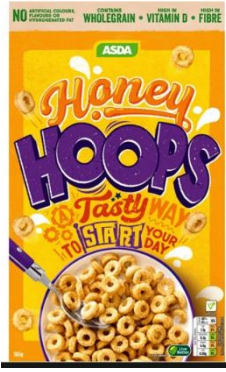
Iron 14mg 100%

RI means Reference Intake

We suggest this product provides 26 servings

Features

Your bowl of morning sunshine. High in Folic Acid, Iron, Vitamin D. No Artificial Colours, Flavours or Hydrogenated Fat. Suitable for vegetarians.



Life Style

Suitable for Vegetarians.

Allergy Advice

May Contain: **Milk**. Contains: **Oats, Wheat**.

May also contain traces of Milk.

Additives

Free From: Artificial Colours, Artificial Flavours.

Ingredients

Wholegrain Flour (59%) [**Oat** Flour, Wholegrain **Wheat** Flour], Sugar, **Wheat** Starch, Maltodextrin, **Oat** Bran, Blended Honey (4%), Fortified

Wheat Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Raising Agents (Potassium Carbonates, Sodium Carbonates), Salt, Flavouring, Colour (Paprika Extract), Vitamin and Mineral Mix [Niacin (B3), Iron, Riboflavin (B2), Thiamin (B1), Vitamin D]

For allergens, including Cereals containing Gluten, see ingredients in bold.

Nutritional Values

Typical values Per 100g %RI Per 100g

Energy kJ 1622

Energy kcal 383

Fat 3.6g

of which saturates 0.6g

Carbohydrate 77g

of which sugars 22g

Fibre 6.1g

Protein 7.7g

Salt 0.28g

Vitamins & minerals

Vitamin D 5.0µg 100%

Thiamin 1.1mg 100%

Riboflavin 1.4mg 100%

Niacin 16mg 100%

Iron 7.8mg 56%

RI means Reference Intake

This pack contains approximately 18 servings of 30g

Features

A tasty way to start your day. Contains Wholegrain. High in Vitamin D and Fibre. No Artificial Colours, Flavours or Hydrogenated Fat. Suitable for vegetarians.



ASDA Malted Wheaties 750g

750g

★★★★★ (50+)

Product code: 556418



£1.10 **£0.95**

(12.7p/100g)

OUT OF STOCK

[See alternatives](#)

[Favourite](#)

[Add to list](#)

Great offers

Life Style

Suitable for Vegans.

Allergy Advice

Contains: **Barley, Wheat.**

Additives

Free From: Artificial Colours, Artificial Flavours.

Ingredients

Whole **Wheat** (98%), Sugar, Malted **Barley** Extract, Partially Inverted Sugar Syrup, Salt, Vitamin and Mineral Mix [Niacin (B3), Iron, Pantothenic Acid (B5), Thiamin (B1), Riboflavin (B2), Vitamin B6, Folic Acid (B9), Vitamin B12]

For allergens, including Cereals containing Gluten, see ingredients in bold.

Nutritional Values

Typical values Per 100g %RI

Energy kJ 1558

Energy kcal 368

Fat 1.8g

of which saturates 0.3g

Carbohydrate 73g

of which sugars 10g

Fibre 10g

Protein 10g

Salt 0.43g

Vitamins & minerals

Thiamin (B1) 0.94mg 85%

Riboflavin (B2) 1.2mg 86%

Niacin 14mg 88%

Vitamin B6 1.2mg 86%

Folic Acid 170µg 85%

Vitamin B12 2.1µg 84%

Pantothenic acid 5.1mg 85%

Iron 12mg 86%

RI means Reference Intake

This pack contains approximately 18 servings of 40g

Asda malted wheaties are packed by weight, not volume

Features

Contains Wholegrain. A Tasty Way to Start Your Day. High in Fibre and Iron. No Artificial Colours, Flavours or Hydrogenated Fat. Suitable for vegans.



JUST ESSENTIALS by ASDA Semi Skimmed Long Life Milk

1l

★★★★☆ (23)

Product code: 7601619



£0.69

(69.0p/ltr)

Add

♥ Favourite

Add to list

Life Style

Suitable for Vegetarians.

Nutritional Values

Typical values Per 100ml Per 200ml

Energy 209kJ 419kJ

50kcal 100kcal

Fat 1.8g 3.6g

of which saturates 1.1g 2.2g

Carbohydrate 4.8g 9.6g

of which sugars 4.8g 9.6g

Fibre 0g 0g

Protein 3.6g 7.2g

Salt 0.10g 0.20g

Minerals %RI %RI

Calcium 124mg 16% 248mg 31%

RI means Reference Intake

Features

All the natural goodness of fresh milk, just longer lasting. Less than 2% fat. Natural source of calcium.

ASDA 12 Medium Free Range Eggs

12pk

★★★★☆ (50+)

Product code: 1058519



£2.60

(21.7p/each)

OUT OF STOCK

[See alternatives](#)

[Favourite](#)

[Add to list](#)

Nutritional Values

Typical values Per 100g Per average egg (58g)

Energy kJ 547 277

Energy kcal 131 66

Fat 9.0g 4.6g

of which saturates 2.5g 1.3g

Carbohydrate <0.5g <0.5g

of which sugars <0.5g <0.5g

Fibre 0g 0g

Protein 12.6g 6.4g

Salt 0.39g 0.20g

We suggest this product provides 12 servings

Features

High in Protein

Typical values Per 100g Per average egg (58g)

Energy kJ 547 277

Energy kcal 131 66

Fat 9.0g 4.6g

of which saturates 2.5g 1.3g

Carbohydrate <0.5g <0.5g

of which sugars <0.5g <0.5g

Fibre 0g 0g

Protein 12.6g 6.4g

Salt 0.39g 0.20g

We suggest this product provides 12 servings

Features

High in Protein

Orange Juice

Nutrition information

Energy 196kJ, 46kcal

Fat <0.5g

of which saturates <0.1g

Carbohydrate 11g

of which sugars 11g

Fibre <0.5g

Protein <0.5g

Salt <0.01g

Lifestyle Vegan, Vegetarian

Ingredients Orange Juice From Concentrate (100%).

Apple Juice

Ingredients. Apple Juice From Concentrate

Nutrition information

Per 100ml: Energy 192kJ, 45kcal

Fat 0g

of which saturates 0g

Carbohydrate 11.3g

of which sugars 11.3g

Fibre 0g

Protein 0g

Salt 0g



ASDA No Added Sugar Double Strength Apple & Blackcurrant Squash

1.5l

★★★★☆ (50+)

Product code: 5636071



M&S Taste Match

£0.95

(6.3p/100ml)

Add

♥ Favourite

Add to list

Customers who bought ASDA No Added Sugar Double Strength

Each (diluted as directed) 250ml contains:

Energy	Fat	Saturates	Sugars	Salt
15kJ 4kcal	<0.5g	<0.1g	<0.5g	0.09g
1%	Low 1%	Low 1%	Low 1%	Low 2%

of your reference intake
Typical energy values per 100ml: 6kJ/1kcal

Shopping

Multibuy

Add

Cl

Description

Reviews (226)

Net Content

1.5 Litres

Life Style

No Added Sugar. Suitable for Vegetarians.

Allergy Advice

Contains: Sulphur Dioxide/Sulphites.

Additives

Free From: Artificial Colours, Artificial Flavours.

Ingredients

Water, Apple Juice from Concentrate (16%), Blackcurrant Juice from Concentrate (2%), Citric Acid, Malic Acid, Acidity Regulator (Sodium Citrates), Sweeteners (Acesulfame K, Sucralose), Plant and Vegetable Concentrates [Black Carrot, Hibiscus], Preservatives (Potassium Sorbate, Sodium **Metabisulphite**), Flavourings, Antioxidant (Ascorbic Acid)

Nutritional Values

Typical values	(diluted as directed) Per 100ml	(diluted as directed) Per 250ml
Energy kJ	6	15
Energy kcal	1	4
Fat	<0.5g	<0.5g
of which saturates	<0.1g	<0.1g
Carbohydrate	<0.5g	<0.5g
of which sugars	<0.5g	<0.5g
Fibre	<0.5g	<0.5g
Protein	<0.5g	<0.5g
Salt	0.04g	0.09g

We suggest this product provides 60 servings



ASDA No Added Sugar Double Strength Orange Squash

1.5l

★★★★★ (50+)

Product code: 5636069



M&S Taste Match

£0.95

(6.3p/100ml)

Add

♥ Favourite

Add to list

Customers who bought ASDA No

Energy	Fat	Saturates	Sugars	Salt
17kJ 4kcal	<0.5g	<0.1g	<0.5g	0.07g
1%	Low 1%	Low 1%	Low 1%	Low 1%

of your reference intake

Typical energy values per 100ml: 7kJ/2kcal

Description

Reviews (124)

Net Content

1.5 Litres

Life Style

No Added Sugar. Suitable for Vegetarians.

Allergy Advice

Contains: Sulphur Dioxide/Sulphites.

Additives

Free From: Artificial Colours, Artificial Flavours. Contains: Sweeteners.

Ingredients

Water, Comminuted Orange from Concentrate (18%), Citric Acid, Acidity Regulator (Sodium Citrates), Flavourings, Sweeteners (Acesulfame K, Sucralose), Preservatives (Potassium Sorbate, Sodium **Metabisulphite**), Stabiliser (Carboxy Methyl Cellulose), Antioxidant (Ascorbic Acid), Colour (Carotenes)

For allergens, see ingredients in bold.



ASDA Classic BBQ Sauce 460g

460g

★★★★★ (11)

Product code: 9058734

£1.20

(26.1p/100g)

Add

♥ Favourite

📋 Add to list

Each 15g contains::

Life Style

Suitable for Vegans.

Allergy Advice

Contains: **Celery**.

Additives

Free From: Artificial Colours, Artificial Flavours.

Ingredients

Tomatoes (148g per 100g of Ketchup), Sugar, Spirit Vinegar, Salt, Flavourings (contains **Celery**), Cayenne Pepper, Garlic Powder

For allergens, see ingredients in bold.

Nutritional Values

Typical values Per 100g

Energy kJ 450

Energy kcal 106

Fat <0.5g

of which saturates 0g

Carbohydrate 25g

of which sugars 20g

Fibre 1.4g

Protein 1.0g

Salt 1.7g

We suggest this product provides 64 servings

Features

No artificial colours or flavours. Suitable for vegans.



ASDA Classic Tomato Ketchup 970g

970g

★★★★★ (26)

Product code: 9058728



£1.35

(13.9p/100g)

Add

♥ Favourite

📋 Add to list

Life Style

Suitable for Vegetarians.

Additives

Free From: Artificial Colours, Artificial Preservatives.

Ingredients

Tomato Puree, Spirit Vinegar, Sugar, Molasses, Water, Modified Cornflour, Salt, Spices, Garlic, Thickener (Xanthan Gum), Smoke Flavouring, Flavourings

Nutritional Values

Typical values Per 100g Per serving (15g)

Energy 584kJ 88kJ

138kcal 21kcal

Fat 0.2g 0g

- of which saturates 0.1g 0g

Carbohydrate 34g 5.1g

- of which sugars 29g 4.3g

Protein 0.9g 0.1g

Salt 1.2g 0.18g

Servings per bottle-32

Features

Smokey & Rich. No Artificial Colours or Preservatives. Suitable for Vegetarians.

Lifestyle Vegan, Vegetarian



ASDA Just Essentials Brown Sauce 460g

460g

★★★★☆ (2)

Product code: 9058740

£0.80

(17.4p/100g)

Add

♥ Favourite

📋 Add to list

Life Style

Suitable for Vegetarians.

Allergy Advice

Contains: **Barley**.

Additives

Free From: Artificial Colours, Artificial Flavours.

Ingredients

Water, Tomato Paste, **Barley** Malt Vinegar, Cane Molasses, Glucose-Fructose Syrup, Date Paste, Modified Maize Starch, Spirit Vinegar, Salt, Spices [Clove Powder, Garlic Powder, Black Pepper, Ginger Powder, Cayenne Pepper], Flavouring

For allergens, including Cereals containing Gluten, see ingredients in bold.

Nutritional Values

Typical values Per 100g

Energy kJ 387

Energy kcal 91

Fat <0.5g

of which saturates <0.5g

Carbohydrate 21g

of which sugars 13g

Fibre 0.9g

Protein 0.9g

Salt 1.1g

We suggest this product provides 30 servings

Features

Perfect on bangers. No artificial colours or flavours

After School Provision Only

Snackrite Family Snacks 18x18g, 6x17g/24 Pack
Specifications **Ingredients**

Allergy advice

Lifestyle

Size / Volume

Net weight

Nutrition information

Front of pack information

Cheese Puffs: Maize, Rapeseed Oil, Lactose (**Milk**), Whey Powder (**Milk**), Cheese Powder (**Milk**), Rice Flour, Salt, Potassium Chloride, Flavouring, Emulsifier: Mono- And Diglycerides Of Fatty Acids; Colour: Paprika Extract; Flavour Enhancer: Disodium 5'-ribonucleotides.

Bacon Rashers: Maize, Rapeseed Oil, Rice Flour, Potato Granules, Sweet Whey Powder (**Milk**), Salt, Flavouring, Smoke Flavouring (Contains **Milk**), Flavour Enhancers: Monosodium Glutamate, Disodium Guanylate, Disodium Inosinate; Sugar, Acid: Citric Acid; Colours: Beetroot Red, Paprika Extract, Capsanthin.

Salt & Vinegar Sticks: Maize, Vegetable Oils (Sunflower, Rapeseed In Varying Proportions), Potato Powder, Rice Flour, Acidity Regulator: Sodium Diacetate; Salt, Yeast Extract Powder, Sugar, Emulsifier: Mono- And Diglycerides Of Fatty Acids; Acid: Citric Acid.

Onion Rings: Maize, Rapeseed Oil, **Wheat** Semolina, Maltodextrin, Onion Powder, Sugar, Dextrose, Flavouring, Salt, Garlic Powder, Colour: Paprika Extract; Acid: Citric Acid; Emulsifier: Mono- And Diglycerides Of Fatty Acids.

For allergens, see ingredients in bold.

Vegetarian

24 Pack

18x18g, 6x17g

Per 100g: Energy 2141kJ, 512kcal Fat 27g of which saturates 2.3g Carbohydrate 61g of which sugars 10g Fibre 1.0g Protein 5.7g Salt 1.7g

Per 18g serving Energy (8400kJ/2000kcal) 385kJ, 92kcal 5% Fat (70g) 4.8g 7% HIGH Saturates (20g) <0.5g 2% MEDIUM Sugars (90g) 1.8g 2% MEDIUM Salt (6g) 0.31g 5% HIGH

Snackrite Multipack Cheese Curls 10x15g

Specifications **Ingredients**

Vegetable Oils (Rapeseed Oil, Sunflower Oil), Potato Starch, **Wheat Flour**, Maize Flour, Cheese Flavour (Whey Powder (**Milk**), Onion Powder, Flavour Enhancers: Monosodium Glutamate, Disodium 5'-ribonucleotides; Skimmed **Milk** Powder, Salt, Yeast Extract Powder, Flavouring, Potassium Chloride, Garlic Powder, Cheese Powder (**Milk**), Colour: Paprika Extract), Glucose, Salt, Spices, Emulsifier: Mono- And Diglycerides Of Fatty Acids.

For allergens, see ingredients in bold.

Vegetarian

10x15g

Per 100g: Energy 2239kJ, 536kcal Fat 33g of which saturates 3.3g Carbohydrate 56g of which sugars 6.2g Fibre 1.3g Protein 4.5g Salt 1.7g

Per 15g serving Energy (8400kJ/2000kcal) 336kJ, 80kcal 4% Fat (70g) 4.9g 7% HIGH Saturates (20g) 0.5g 3% MEDIUM Sugars (90g) 0.9g 1% MEDIUM Salt (6g) 0.26g 4% HIGH

Allergy advice

Lifestyle

Net weight

Nutrition information

Front of pack information

Snackrite Multipack Teddy Faces Ready Salted Crisps 6x19g

Specifications **Ingredients**

Dried Potato, Sunflower Oil, Maize Starch, Potato Starch, Maize Dextrin, Sugar, Salt, Yeast Extract, Emulsifier: Mono- And Di-glycerides Of Fatty Acids, Paprika Powder.

For allergens, see ingredients in bold.

Vegetarian

6x19g

Per 100g: Energy 2052kJ, 490kcal Fat 23g of which saturates 2.1g Carbohydrate 66g of which sugars 2.0g Fibre 1.5g Protein 3.4g Salt 1.2g

Per 19g serving Energy (8400kJ/2000kcal) 390kJ, 93kcal 5% Fat (70g) 4.4g 6% HIGH Saturates (20g) <0.5g 2% MEDIUM Sugars (90g) <0.5g <1% LOW Salt (6g) 0.22g 4% MEDIUM

Allergy advice

Lifestyle

Net weight

Nutrition information

Front of pack information

Snackrite Multipack Crispy Fries

Specifications Ingredients

Potato Flour, Vegetable Oils (Rapeseed Oil, Sunflower Oil), Potato Starch, Sweet Whey Powder (**Milk**), Salt, Lactose (**Milk**), Flavour Enhancer: Monosodium Glutamate; Onion Powder, Flavouring, Colour: Paprika Extract; Potassium Chloride, Sugar, Garlic Powder, Cheese Powder (**Milk**).

Allergy advice

For allergens, see ingredients in bold. May also contain soya and wheat.

Lifestyle

Vegetarian

Net weight

10x15g

Nutrition information

Per 100g: Energy 2004kJ, 479kcal Fat 23g of which saturates 2.3g Carbohydrate 61g of which sugars 3.9g Fibre 2.8g Protein 5.2g Salt 2.0g

Front of pack information

Per 15g serving Energy (8400kJ/2000kcal) 301kJ, 72kcal 4% Fat (70g) 3.5g 5% HIGH Saturates (20g) <0.5g 2% MEDIUM Sugars (90g) 0.6g <1% LOW Salt (6g) 0.30g 5% HIGH

Snackrite Multipack Cheese Puffs 10x18g

Specifications Ingredients

Maize, Rapeseed Oil, Lactose (**Milk**), Whey Powder (**Milk**), Cheese Powder (**Milk**), Rice Flour, Salt, Potassium Chloride, Flavouring, Emulsifier: Mono- And Diglycerides Of Fatty Acids; Colour: Paprika Extract; Flavour Enhancer: Disodium 5'-ribonucleotides.

Allergy advice

For allergens, see ingredients in bold.

Lifestyle

Vegetarian

Net weight

10x18g

Nutrition information

Per 100g: Energy 2141kJ, 512kcal Fat 27g of which saturates 2.3g Carbohydrate 61g of which sugars 10g Fibre 1.0g Protein 5.7g Salt 1.7g



ASDA Cheeky Monkey Potato Snacks 6 x 15g (90g)

6x15g

★★★★☆ (50+)

Product code: 6126468



The Vegan Society



100 Calories
or less per
pack

£1.25

(£1.39/100g)

− 5 +

♥ Favourite

☰ Add to list

Popular right now



ASDA Citrus Burst Extra Thick Bleach 750ml

£0.90
(£1.20/ltr)

Add

750ml



ASDA Light & Fluffy Maris Piper Potatoes 2kg

£1.79
(89.5p/kg)

Add

Each bag contains::

Energy	Fat	Saturates	Sugars	Salt
325kJ 78kcal	4.3g	0.4g	<0.5g	0.14g
4%	High 6%	Medium 2%	Low 1%	Medium 2%

of your RII

Typical energy values per 100g: 2165kJ/518kcal

Nutritional Values

Typical values	Per 100g	Per bag
Energy kJ	2165	325
Energy kcal	518	78
Fat	28g	4.3g
of which saturates	2.6g	0.4g
Carbohydrate	61g	9.2g
of which sugars	2.8g	<0.5g
Fibre	2.4g	<0.5g
Protein	3g	<0.5g
Salt	0.91g	0.14g

†RI = Reference Intake

We suggest this product provides 6 servings

Features

78kcal 325kJ per serving. Smiley and delicious, perfect for snacking. No Artificial Colours, Flavours or Hydrogenated Fat. Suitable for vegans.

Storage

Store in a cool, dry place.

Recycling Info

Recycle with bags at large supermarket - Don't recycle at home: Pack.



Mouse over image for a closer look.

ASDA Crispy Fries 6 x 18g (108g)

6x18g

★★★★☆ (48)

Product code: 3982383

£1.25

(£1.16/100g)

— 10 +

♥ Favourite

📄 Add to list

Popular right now



Fairy Original Washing Up Liquid with LiftAction

£1.00

(£3.12/ltr)

320ml



Add

Each salt & vinegar crispy fries bag contains::

Energy	Fat	Saturates	Sugars	Salt
356kJ 85kcal	4.2g	0.3g	<0.5g	0.27g
4%	High 6%	Medium 2%	Low 1%	Medium 5%

of your RI†

Typical energy values per 100g: 1979kJ/473kcal



ASDA Chopped Tomatoes

400g

£0.47

(£1.18/kg)

400g



Add



ASDA Cool Aqua Toilet Liquid Gel Cleaner 750ml

£0.70

(93.3p/ltr)

750ml



Add

Each cheese & onion crispy fries bag contains::

Energy	Fat	Saturates	Sugars	Salt
357kJ 85kcal	4.2g	0.3g	<0.5g	0.23g
4%	High 6%	Medium 2%	Low 1%	Medium 4%

of your RI†

Typical energy values per 100g: 1984kJ/475kcal

Each ready salted crispy fries bag contains::

Energy	Fat	Saturates	Sugars	Salt
356kJ 85kcal	4.1g	0.3g	0.6g	0.33g
4%	High 6%	Medium 2%	Low 1%	High 6%

of your RI†

Typical energy values per 100g: 1976kJ/473kcal

Description

Reviews (48)

Net Content

18 Grams

Life Style

Suitable for Vegetarians.

Allergy Advice

May Contain: Barley, Oats, Rye, Soya, Sulphur Dioxide/Sulphites, Wheat. Contains: Milk.

May contain Milk, Soya, Wheat, Rye, Barley, Oats, Spelt, Kamut and Sulphites.

Additives

Free From: Artificial Colours, Artificial Flavours.

Salt And Vinegar Crisps Fries

Ingredients

Potato Flour, Vegetable Oils in varying proportions [Rapeseed, Sunflower], Potato Starch, Potato Maltodextrin, Salt (2%), Potassium Chloride, Maize Starch, Acidity Regulator (Sodium Acetate), Colour (Paprika Extract), Citric Acid, Spirit Vinegar Powder, Sugar, Yeast Extract, Flavouring

Nutritional Values

Nutritional Values

Typical values	Per 100g	Per bag
Energy kJ	1979	356
Energy kcal	473	85
Fat	23g	4.2g
of which saturates	1.7g	0.3g
Carbohydrate	58g	10g
of which sugars	1.7g	<0.5g
Fibre	7.6g	1.4g
Protein	4.0g	0.7g
Salt	1.5g	0.27g

We suggest this product provides 6 servings

†RI = Reference Intake

Cheese And Onion Crisps Fries

Ingredients

Potato Flour, Vegetable Oils in varying proportions [Rapeseed, Sunflower], Potato Starch, Salt, Whey Powder (**Milk**), Potassium Chloride, Colour (Paprika Extract), Rice Flour, Sugar, Onion Powder, Garlic Powder, Yeast Extract, Flavourings, Citric Acid, Malic Acid, Cheese Powder (**Milk**), Skimmed **Milk** Powder

Nutritional Values

Typical values	Per 100g	Per bag
Energy kJ	1984	357
Energy kcal	475	85
Fat	24g	4.2g
of which saturates	1.7g	0.3g
Carbohydrate	57g	10g
of which sugars	2.5g	<0.5g
of which starch		1.5g
Fibre	8.2g	0.8g
Protein	4.4g	0.23g
Salt	1.3g	

†RI = Reference Intake

We suggest this product provides 6 servings

Ready Salted Crisps Fries

Ingredients

Potato Flour, Vegetable Oils in varying proportions [Rapeseed, Sunflower], Potato Starch, Salt (2%), Potassium Chloride, Sea Salt, Colour (Paprika Extract)

Nutritional Values

Typical values	Per 100g	Per bag
Energy kJ	1976	356
Energy kcal	473	85
Fat	23g	4.1g
of which saturates	1.7g	0.3g
Carbohydrate	59g	11g
of which sugars	3.2g	0.6g
Fibre	7.1g	1.3g
Protein	4.4g	0.8g
Salt	1.9g	0.33g

We suggest this product provides 6 servings

†RI = Reference Intake



ASDA Cheesy Wiggles 6 x 16g (96g)

6x16g

★★★★☆ (50+)

Product code: 5908571

£1.25

(£1.30/100g)

− 5 +

♥ Favourite

📋 Add to list

Each bag contains::



of your RI†
Typical energy values per 100g: 2175kJ/521kcal

Popular right now

ASDA Cool Aqua Toilet Liquid Gel Cleaner 750ml
£0.70 (93.3p/lt)
Add

ASDA British Fluffy & Golden Large Baking Potatoes

Popular right now

(19.8p/each)
4pk **Add**

Alberto Balsam Sunkissed Raspberry Shampoo
£0.95 (27.1p/100ml)
Add

Description	Reviews (90)
Net Content 16 Grams	
Life Style Suitable for Vegetarians.	
Allergy Advice May Contain: Soya, Sulphur Dioxide/Sulphites. Contains: Milk. May also contain Soya and Sulphites.	
Additives Free From: Artificial Colours, Artificial Flavours.	
Ingredients Maize, Vegetable Oils [Rapeseed, Sunflower], Whey Powder (Milk), Salt, Cheese Powder (Milk), Firming Agent (Calcium Carbonate), Potassium Chloride, Cream Powder (Milk), Lactic Acid, Yeast Extract, Colour (Paprika Extract), Turmeric Extract, Flavouring	
For allergens, see ingredients in bold.	

Nutritional Values

Typical values	Per 100g	Per bag
Energy kJ	2175	348
Energy kcal	521	83
Fat	30g	4.8g
of which saturates	2.2g	0.4g
Carbohydrate	55g	8.8g
of which sugars	5.7g	0.9g
Fibre	3.0g	<0.5g
Protein	6.4g	1.0g
Salt	1.7g	0.28g

†RI = Reference Intake

We suggest this product provides 6 servings



ASDA 6 Party Snacks 138g

6pk

★★★★☆ (34)

Product code: 3982389

£1.30

(94.2p/100g)

- 10 +

♥ Favourite

📋 Add to list

Customers who bought ASDA 6 Party Snacks 138g also bought

 ASDA No Added Sugar Double Strength Apple & Blackcurrant Squash
£0.95
 (6.3p/100ml)

1.5l  [Add](#)

 ASDA Cream Crackers
£0.49
 (16.3p/100g)

300g  [Add](#)

 ASDA British Milk Semi Skimmed 4 Pints

Each bacon flavour bites bag contains::

Energy	Fat	Saturates	Sugars	Salt
516kJ 123kcal	6.0g	0.5g	0.9g	0.38g
6%	High 9%	Medium 3%	Low 1%	Medium 6%

of your RI†
Typical energy values per 100g: 2064kJ/493kcal

Each onion rings bag contains::

Energy	Fat	Saturates	Sugars	Salt
401kJ 96kcal	4.8g	0.4g	0.7g	0.24g
5%	High 7%	Medium 2%	Low 1%	Medium 4%

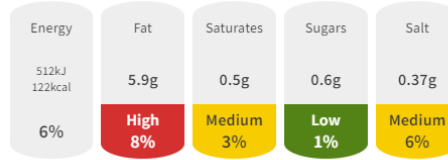
of your RI†

4 pint



Add

Each salt & vinegar flavour Sucks bag contains..



of your RfI

Typical energy values per 100g: 2047kJ/489kcal

Description

Reviews (34)

Net Content

138 Grams

Life Style

Suitable for Vegetarians.

Allergy Advice

Contains: Wheat.

Additives

Free From: Artificial Colours, Artificial Flavours.

Bacon Flavour Bites

Ingredients

Rice Flour, Maize Flour, Rapeseed Oil, Potato Flour, Yeast Extract Powder, Sugar, Colours (Beetroot Red, Paprika Extract), Dextrose, Salt, Flavouring, Onion Powder

Nutritional Values

Typical values	Per 100g	Per bag
Energy kJ	2064	516
Energy kcal	493	123
Fat	24g	6.0g
of which saturates	1.8g	0.5g
Carbohydrate	62g	16g
of which sugars	3.5g	0.9g
Fibre	1.7g	<0.5g
Protein	6.4g	1.6g
Salt	1.5g	0.38g

We suggest this product provides 6 servings

†RI = Reference Intake

Onion rings

Ingredients

Maize Flour, Rapeseed Oil, Durum **Wheat** Semolina, Onion Powder, Rice Flour, Maltodextrin, Dextrose, Salt, Yeast Powder, Colour (Paprika Extract), Sugar, Garlic Powder, Paprika Powder, Flavouring, Citric Acid, Antioxidant (Extracts of Rosemary)

Nutritional Values

Typical values	Per 100g	Per bag
Energy kJ	2111	401
Energy kcal	505	96
Fat	26g	4.8g
of which saturates	1.9g	0.4g
Carbohydrate	61g	12g
of which sugars	3.5g	0.7g
Fibre	2.1g	<0.5g
Protein	7.1g	1.3g
Salt	1.2g	0.24g

We suggest this product provides 6 servings

†RI = Reference Intake

Salt & Vinegar Flavour Sticks

Ingredients

Maize Flour, Rapeseed Oil, Potato Flour, Maltodextrin, Rice Flour, Flavouring, Sugar, Citric Acid, Potato Starch, Salt, Yeast Extract Powder

Nutritional Values

Typical values	Per 100g	Per bag
Energy kJ	2047	512
Energy kcal	489	122
Fat	24g	5.9g
of which saturates	1.9g	0.5g
Carbohydrate	63g	16g
of which sugars	2.4g	0.6g
Fibre	2.4g	0.6g
Protein	5.0g	1.3g
Salt	1.5g	0.37g

We suggest this product provides 6 servings

†RI = Reference Intake



ASDA Sweet Popcorn 100g

100g

★★★★☆ (50+)



£1.00

(£1.00/100g)

Add

♥ Favourite

Add

Ingredients

Popped Maize, Sugar, Rapeseed Oil, Emulsifier (Lecithins)

Nutritional Values

Typical values	Per 100g	Per 25g
Energy kJ	2025	506
Energy kcal	484	121
Fat	22g	5.4g
of which saturates	1.7g	0.4g
Carbohydrate	63g	16g
of which sugars	25g	6.2g
Fibre	8.1g	2.0g
Protein	5.6g	1.4g
Salt	<0.01g	<0.01g

We suggest this product provides 4 servings

TRI = Reference Intake



ASDA Cocoa Rice Cakes 160g

160g

★★★★☆ (50+)

Product code: 72769



Rainforest Alliance



100 Calories
or less per
pack

£1.10

(68.8p/100g)



♥ Favourite

📋 Add to list

Customers who bought ASDA

Allergy Advice

May Contain: Milk, Soya.

May contain Milk and Soya.

Ingredients

Brown Rice (75%), Sugar, Chocolate Powder (11%) [Sugar, Cocoa Mass*, Cocoa Powder*], Flavourings,
*Rainforest Alliance Certified



ASDA Slightly Salted Rice Cakes 130g

130g

★★★★☆ (50+)

Product code: 5910797



100 Calories
or less per
pack

£0.95

(73.1p/100g)



♥ Favourite

📋 Add to list

Allergy Advice

May Contain: Soya.

May contain Soya.

Additives

Free From: Artificial Colours, Artificial Flavourings.

Ingredients

Brown Rice, Sea Salt



ASDA Salt & Vinegar Rice Cakes 129g

129g

★★★★☆ (50+)

Product code: 4726007

100 cals
or less
per pack

100 Calories

or less per
pack

£0.95

(73.6p/100g)

− 1 +

♥ Favourite

📋 Add to list

Allergy Advice

May Contain: Milk, Sesame.

May contain Sesame Seeds and Milk.

Ingredients

Brown Rice (73%), Maize, Salt and Vinegar Flavour Seasoning [Maltodextrin, Acidity Regulator (Sodium Acetates), Salt, Citric Acid, Yeast Extract Powder]



ASDA Plain Breadsticks 125g

125g

★★★★★ (50+)

Product code: 6829297

100 cals
or less
per pack

100 Calories

or less per
pack

£0.55

(44.0p/100g)

Allergy Advice

May Contain: Sesame, Soya. Contains: Wheat.

May also contain Sesame Seeds and Soya.

Additives

Free From: Artificial Colours, Artificial Flavours.

Ingredients

Wheat Flour, Olive Oil (7.0%), Yeast, Salt

For allergens, including Cereals containing Gluten, see ingredients in bold.