

Nutritional Comparison of Sausages Products; 2016

All values are per 100g, serving size included

All information obtained from nutritional panels on product.



	Serving Size (g)	Energy (kJ)	Protein (g)	Fat (total) (g)	Fat (sat) (g)	CHO (g)	Sugars (g)	Na (mg)
Coles Sausages Classic Beef	70.0	931	11.5	18.8	7.5	2.5	<1.0	661
Coles Sausages Thick BBQ Beef	95.0	942	12.8	17.5	4.9	4.5	<1.0	868
Coles Sausages Thin BBQ Beef	80.0	942	12.8	17.5	4.9	4.5	<1.0	868
Coles Sausages Honey BBQ Beef	70.0	1020	10.8	18.7	9.6	8.7	3.4	786
Coles Sausages Beef, Mushroom & Garlic	70.0	991	13.3	18.3	8.5	4.9	0.3	744
Coles Sausages Beef, Herb & Garlic	70.0	959	11.7	19.2	7.7	3.1	<1.0	718
Coles Sausages Classic Pork	70.0	960	11.8	19.0	7.6	3.3	<1.0	794
Coles Sausages Thin BBQ Pork	78.0	766	12.8	10.7	4.1	9.0	<1.0	787
Coles Sausages Pork, Honey & Rosemary	70.0	1020	12.8	18.9	6.8	5.6	1.2	617
Coles Sausages Pork Chipolatas	70.0	960	11.8	19.0	7.6	3.3	<1.0	794
Coles Sausages Chicken & Parsley	70.0	688	14.3	10.3	3.2	3.4	<1.0	759
Coles Simply Less Chicken Sausages	94.0	507	16.6	4.3	1.3	3.8	0.1	440
Coles Finest Australian Angus Beef Original	83.0	1080	16.2	20.4	8.1	2.8	<1.0	586
Coles Finest Australian Angus Beef with Garlic & Parsley	83.0	917	11.1	18.3	7.3	3.2	<1.0	702
Coles Finest Australian Lamb with Leek & Thyme	83.0	942	18.1	18.1	7.2	3.3	<1.0	701
Coles Finest Australian Pork with Cider & Apple	83.0	946	11.3	18.2	7.3	5.0	2.4	735
Coles Finest Traditional Recipe Italian Pork	83.0	1045	13.4	16.9	7.3	11.3	0.3	645
Coles Finest Australian RSPCA Approved Chicken with Roasted Garlic & Tarragon	83.0	659	13.6	10.9	3.3	<1.0	<1.0	687
Coles Finest Traditional Recipe Chorizo	83.0	826	14.7	14.5	5.8	2.3	1.3	580
Heston for Coles Beef & Pepperberry Sausages	83.0	1123	13.8	21.9	11.3	4.6	<1.0	650
Heston for Coles Pork & Sage Sausages	83.0	1138	13.6	22.7	8.3	3.8	<1.0	580
Woolworths Homebrand Thin Sausages	150	1130	12.3	21.6	10.7	7.0	0.6	530
Woolworths Select Australian Beef Thick Sausages	127	1040	12.4	18.9	9.0	7.7	0.5	649
Woolworths Select Australian Beef Sausages	170	1040	12.4	18.9	9.0	7.7	0.5	649
Woolworths Select Australian Beef Chipolatas	85.0	1040	12.4	18.9	9.0	7.7	0.5	649
Woolworths Select Australian Beef Honey Flavoured Sausages	170	1129	12.2	22.3	10.7	6.0	3.0	554
Woolworths Select Australian Beef Herb & Garlic Sausages	170	1090	11.9	21.3	10.3	5.8	0.7	583
Woolworths Select Australian Beef Chevaps	100	745	14.6	12.2	6.4	2.6	0.7	727
Woolworths Select Australian Pork Sausages	170	818	12.8	13.6	6.0	5.9	0.9	537
Woolworths Select Australian Pork Chipolatas	85.0	820	12.8	13.6	6.0	5.9	0.9	537

Woolworths Select Australian Chicken Sausages	170	720	12.6	10.0	2.3	8.0	0.5	483
Woolworths Gold Angus Beef with Pork Italian Style Sausages	140	887	15.5	15.9	7.6	2.1	0.5	545
Woolworths Gold Angus Beef with Pepper & Barossa Valley Shiraz Sausages	140	989	16.2	18.5	9.3	1.5	0.5	505
Woolworths Gold Succulent Lamb Mint, Rosemary & Australian Honey Sausages	140	1100	12.3	22.1	11.2	4.1	0.9	525
Woolworths Gold Free Range Chicken Camembert & Sautéed Onion Sausages	140	803	14.6	13.4	5.3	3.5	0.7	620
Woolworths Gold Australian Boerewors	140	927	16.9	17.2	7.4	1.7	1.4	504
Woolworths Created with Jamie Classic Cumberland Pork Sausages	90.0	971	15.2	16.8	6.4	4.4	<0.5	440
Woolworths Created with Jamie Italian Style Veal & Pork Sausages with Fennel & Red Wine	90.0	629	17.9	7.4	3.4	<1.0	<1.0	608
Macro Free Range Chicken Sausages	170	590	14.0	6.3	2.1	7.0	<1.0	405
Outback Spirit Provenance Beef Sausages with Bush Tomato	75.0	1084	14.3	21.9	10.8	0.9	<1.0	560
Outback Spirit Provenance Pork Sausages with Kakadu Plum & Lemon Aspen	75.0	943	17.8	15.7	5.7	3.5	<1.0	530
Peppercorn Food Company Extra Lean Beef Sausages	64.0	622	13.3	8.0	3.0	5.5	1.2	450
Peppercorn Food Company Extra Lean Beef Chipolata	112	622	13.3	8.0	3.0	5.5	1.2	450
Peppercorn Food Company Extra Lean Chicken Sausages with Fresh Lime & Spices	94.0	659	17.1	8.0	3.0	4.2	<0.1	450
Peppercorn Food Company Extra Lean Pork Sausages with Ginger & Shallots	64.0	583	16.8	6.0	2.0	4.4	0.2	450
Gourmet Game Kangaroo Kanga Bangas	150	359	18.0	0.8	0.3	1.3	0.4	230

List compiled by Stacey Beech and Zoe Lucock