



# Dips Survey 2016 - Full Data

Notes:

Data per 100g and per portion was collected using CASH food and drink database, online and in store from the week commencing 13.06.2016. See CASH website for further information.  
 Data sorted from highest to lowest for salt per 100g  
 Colour coding according to DH Front of Pack Guidance: Green <0.3/100g, Amber >0.3 - <1.5g, Red >1.5g/100g, >1.5g/portion for salt  
 Colour coding according to DH Front of Pack Guidance: Green <3.0/100g, Amber >3.0 - <17.5g, Red >17.5g/100g, >21g/portion for fat  
 Colour coding according to DH Front of Pack Guidance: Green <1.5/100g, Amber >1.5 - <5.0g, Red >5.0g/100g, >6.0g/portion for saturates  
 Per portion nutrition information for salt, fat and saturates calculated from per 100g and portion size  
 Portion size as suggested on pack

Brand Name	Product Name	Category	Package Size (g)	Portion Size (g)	Energy (kcal) per 100g	Salt / 100g	Salt / portion (g)	Saturates / 100g	Saturates / portion (g)	Total Fat / 100g	Fat / portion (g)
Tesco	Tesco Caramelised Onion Houmous	Houmous	182	45.5	247	1.6	0.7	1.9	0.9	19.4	8.8
Sabra Mezze	Sabra Baba Ganoush	Other Chilled dips	200	30	251	1.6	0.47	2.8	0.8	23.6	7
Marks & Spencer	Marks & Spencer Caramelised Onion Houmous	Houmous	200	not provided	299	1.53	not provided	2.8	not provided	24.6	not provided
Marks & Spencer	Marks & Spencer Taramasalata	Taramasalata	230	not provided	507	1.9	not provided	3.7	not provided	51.7	not provided
Marks & Spencer	Marks & Spencer Deli Lemon & Coriander Houmous	Houmous	200	not provided	296	1.45	not provided	2.6	not provided	24.5	not provided
Marks & Spencer	Marks & Spencer Organic Extra Virgin Olive Oil Houmous	Houmous	170	85	332	1.4	1.19	4.6	3.4	29.4	25
Tesco	Tesco Lemon & Coriander Houmous	Houmous	182	45.5	278	1.4	0.64	2.6	1.2	22.6	10.2
Moorish	Moorish Baba ghanoush-ish aubergine smoked dip	Other Chilled dips	150	not provided	215	1.4	not provided	4.2	not provided	18.1	not provided
Marks & Spencer	Marks & Spencer Houmous with Extra Virgin Olive Oil	Houmous	200	not provided	355	1.38	not provided	3.3	not provided	31.1	not provided
Marks & Spencer	Marks & Spencer Houmous with Extra Virgin Olive Oil	Houmous	300	not provided	353	1.38	not provided	3.3	not provided	31.1	not provided
Sabra Mezze	Sabra Za'atar Aubergine Tomato Red Pepper	Other Chilled dips	200	30	295	1.37	0.41	1.9	0.3	16.3	4.3
Marks & Spencer	Marks & Spencer Piquillo & Red Pepper Dip	Other Chilled dips	170	not provided	116	1.33	not provided	1.3	not provided	6.3	not provided
Tesco	Tesco Cheese & Chive	Cheese-based	200	50	367	1.3	0.6	7.4	3.7	36.1	18.2
Sabra	Sabra Houmous Garlic & Red Pepper	Houmous	200	30	345	1.3	0.38	3.1	1	30	9.3
Tesco	Tesco Everyday Value Houmous	Houmous	300	50	322	1.3	0.7	1.8	0.9	15.6	7.8
Yarden	Yarden Houmous Plain with a Spicy Sauce	Houmous	200	30	399	1.3	0.39	2.9	0.8	18.4	8.2
Chovi	Chovi Allioi Creamy Garlic Dip	Other Chilled dips	190	not provided	746	1.3	not provided	1.6	not provided	81.9	not provided
Tesco	Tesco Mexican Bean & Chilli	Other Chilled dips	182	46	178	1.3	0.6	1.9	0.9	10.4	4.8
Yarden	Yarden Houmous Reduced Calories	Houmous	250	30	219	1.25	0.38	1.4	0.4	14.5	4.4
Yarden	Yarden Houmous De Luxe	Houmous	400	30	312	1.25	0.38	2.3	0.7	24	8.1
Yarden	Yarden Houmous	Houmous	250	30	335	1.25	0.38	3	0.9	20	8.7
Waitrose	Waitrose Rich & Smooth Taramasalata	Taramasalata	170	42.5	466	1.25	0.53	2.1	1.3	46	19.6
Sainsbury's	Sainsbury's Cheddar Cheese & Chive Dip	Cheese-based	230	46	355	1.23	0.57	6.6	3	34.9	16.1
The Co-operative	The Co-operative Beetroot & Mint Dip	Other Chilled dips	170	43	132	1.23	0.53	1.6	0.7	7	3
The Co-operative	The Co-operative Smoked Taramasalata Dip	Taramasalata	170	42.4	474	1.22	0.51	3.1	1.3	40	20.2
Asda	Asda Cheese & Chive	Cheese-based	215	53.75	239	1.2	0.61	2.2	3.2	29	11.8
Delphi	Delphi Fresh Chargrilled Red Pepper Houmous Dip with Olive Oil	Houmous	170	85	205	1.2	1.02	2.7	1.7	13.2	11.2
Moorish	Moorish devil-ish chilli harissa smoked humous	Houmous	150	not provided	288	1.2	not provided	2.1	not provided	22.7	not provided
Sainsbury's	Sainsbury's Caramelised Onion Houmous	Houmous	200	50	280	1.2	0.6	2.2	1.1	21.8	10.9
Tesco	Tesco Sweet Chilli Houmous	Houmous	182	45.5	254	1.2	0.65	2.6	0.8	16.9	7.7
Tesco	Tesco Reduced Fat Onion & Garlic	Onion & Garlic	200	50	211	1.2	0.6	4.8	2.4	9.2	9.2
Marks & Spencer	Marks & Spencer Beetroot & Mint Dip	Other Chilled dips	170	not provided	161	1.2	not provided	1.3	not provided	10.3	not provided
Sainsbury's	Sainsbury's Beetroot & Sesame Dip	Other Chilled dips	180	50	145	1.2	0.6	1.7	0.9	8.3	4.2
Asda	Asda Taramasalata	Taramasalata	215	53.75	567	1.2	0.62	4.1	2.2	58	31
Morrisons	Morrisons Greek Style Taramasalata	Taramasalata	300	50	532	1.2	0.6	3.8	1.9	56.1	28.2
Sainsbury's	Sainsbury's Taramasalata	Taramasalata	230	46	493	1.2	0.6	3.3	0.7	50	25.1
Tesco	Tesco Taramasalata	Taramasalata	200	50	515	1.2	0.6	3.5	1.8	26.3	26.3
The Co-operative	The Co-operative Red Pepper Houmous	Houmous	170	43	297	1.18	0.51	2.5	1.1	25	10.8
Yarden	Yarden Tachina	Houmous	250	30	292	1.17	0.35	3.5	1.1	24	7.2
Tesco	Tesco Finest Italian Pecorino & Basil Dip	Cheese-based	165	41.25	266	1.1	0.45	4.4	1.8	27.4	9.4
Yarden	Yarden Guacamole	Guacamole	195	32.5	157	1.1	0.4	3.6	1	13.1	4.3
Morrisons	Morrisons Spicy Peri Peri Houmous	Houmous	200	50	298	1.1	0.55	2.5	1.2	23.3	11.7
Tesco	Tesco Reduced Fat Piri Piri Houmous	Houmous	182	45.5	225	1.1	0.5	1.7	0.8	14.9	6.8
Tesco	Tesco Houmous	Houmous	200	50	320	1.1	0.5	2.6	1.3	27.2	13.6
Tesco	Tesco Houmous	Houmous	300	50	320	1.1	0.5	2.6	1.3	27.2	13.6
Tesco	Tesco Finest Sweetcorn & Crushed Tortilla Dip	Other Chilled dips	165	41.25	309	1.1	0.44	2.4	1	26.6	13.1
Marks & Spencer	Marks & Spencer Pea & Mint Dip	Other Chilled dips	170	not provided	107	1.08	not provided	1.4	not provided	6.3	not provided
Morrisons	Morrisons Beetroot Yogurt & Mint Dip	Other Chilled dips	200	50	191	1.08	0.54	1.8	0.9	16	8
Sainsbury's	Sainsbury's SO Organic Houmous	Houmous	200	50	314	1.06	0.51	3.6	1.8	29	13.5
Sainsbury's	Sainsbury's Piri Piri Houmous	Houmous	200	50	286	1.01	0.46	3	1.1	24	11.5
Tesco	Tesco Finest West Country Cheddar & Chutney Dip	Cheese-based	165	41.25	324	1.01	0.41	2.4	3.1	30.3	12.5
Moorish	Moorish Original Delicious Smoked Humous	Houmous	150	not provided	299	1	not provided	2.2	not provided	24.1	not provided
Sabra	Sabra Houmous Extra	Houmous	200	30	349	1	0.29	3	0.9	31	9.3
Tesco	Tesco Moroccan Houmous	Houmous	182	45.5	212	1	0.46	1.6	0.7	13.6	6.2
Tesco	Tesco Reduced Fat Houmous	Houmous	200	50	239	1	0.5	1.9	1	16.4	8.2
Tesco	Tesco Reduced Fat Houmous	Houmous	300	50	239	1	0.5	1.9	1	16.4	8.2
Tesco	Tesco Broad Bean Asparagus & Mint Houmous	Houmous	182	45.5	282	1	0.46	2.2	1	23	10.3
Tesco	Tesco Organic Houmous	Houmous	200	50	332	1	0.46	3.6	1.8	28	14.5
Waitrose	Essential Waitrose Reduced Fat Houmous	Houmous	230	46	216	1	0.46	1.7	0.8	15	6.9
Waitrose	Essential Waitrose Low Fat Houmous Reduced Fat	Houmous	300	50	216	1	0.5	1.5	0.8	15	7.5
Yarden	Yarden Houmous Extra with Pine-nuts & Chick Peas in Olive Oil	Houmous	250	30	353	1	0.3	3	0.9	33	9.3
Sainsbury's	Sainsbury's Onion & Garlic Dip	Onion & Garlic	230	46	331	1	0.46	5.3	2.7	32.9	15.1
Tesco	Tesco Onion & Garlic	Onion & Garlic	200	50	337	1	0.5	5.9	3	34	17
Tesco	Tesco Pea & Mint	Other Chilled dips	182	46	270	1	0.46	4.3	2	25.6	11.8
Marks & Spencer	Marks & Spencer Simply Cheese & Chive Dip	Cheese-based	230	not provided	508	0.98	not provided	2.8	not provided	53.8	not provided
Lidl	Lidl Meadowfresh Houmous Topped with Green Pesto	Houmous	170	50	351	0.98	0.49	2.8	1.4	33	15.5
Waitrose	Essential Waitrose Houmous	Houmous	230	46	309	0.98	0.46	2.5	1.2	25.9	11.9
Waitrose	Essential Waitrose Houmous	Houmous	300	50	309	0.98	0.49	2.6	1.3	25.9	13
Waitrose	Waitrose Mellow & Sweet Red Pepper Houmous	Houmous	200	50	323	0.98	0.49	2.7	1.3	27.8	13.9
Waitrose	Waitrose Duchy Organic Houmous	Houmous	200	50	327	0.97	0.49	3	1.8	28.1	14.2
Waitrose	Waitrose Rich & Savoury Roasted Tomato Houmous	Houmous	200	50	305	0.96	0.48	2.9	1.4	25.9	13
Asda	Asda Houmous	Houmous	200	50	332	0.95	0.47	2.8	1.4	28	14
Asda	Asda Houmous	Houmous	310	51.66	332	0.95	0.49	2.7	1.4	28	14.5
Waitrose	Waitrose Sweet & Tangy Caramelised Onion Houmous	Houmous	200	50	281	0.95	0.48	2.7	1.3	23.4	11.7
Waitrose	Waitrose Zesty & Aromatic Lemon & Coriander Houmous	Houmous	200	50	295	0.95	0.48	2.8	1.3	23.4	11.7
Waitrose	Waitrose Savoury & Smoky Baba Ganoush	Other Chilled dips	180	45	58	0.95	0.43	0.7	0.3	4.6	2.1
Asda	Asda Houmous Topped with Pesto & Parmesan	Houmous	170	56	336	0.93	0.52	3.4	1.9	28	15.7
Waitrose	Waitrose Aromatic & Warming Moroccan Houmous	Houmous	200	50	260	0.93	0.47	2.5	1.2	20.7	10.4
Sainsbury's	Sainsbury's Basics Houmous	Houmous	200	50	305	0.92	0.46	2.6	1.3	25.9	13
Waitrose	Waitrose Rich & Creamy Pecorino & Basil Dip	Cheese-based	200	50	443	0.9	0.45	8.8	4.5	53.8	28.3
Morrisons	Morrisons Mexican Style Guacamole	Guacamole	150	50	178	0.9	0.45	5.8	2.7	16.7	8.4
Morrisons	Morrisons Moroccan Style Houmous	Houmous	200	50	242	0.9	0.45	1.8	0.8	15.4	7.7
Morrisons	Morrisons NuMe Reduced Fat Red Pepper Houmous	Houmous	200	50	246	0.9	0.45	1.9	0.9	17.6	8.8
Morrisons	Morrisons NuMe Reduced Fat Houmous	Houmous	200	50	250	0.9	0.45	1.9	0.9	18.1	9.1
Morrisons	Morrisons NuMe Reduced Fat Houmous	Houmous	200	50	250	0.9	0.45	1.9	0.9	18.1	9.1
Morrisons	Morrisons Sweet Chilli Houmous	Houmous	200	50	292	0.9	0.45	2.1	1	21.1	10.6
Marks & Spencer	Marks & Spencer Spirit of Summer Spicy Malaguetta Chilli Dip	Other Chilled dips	150	not provided	582	0.9	not provided	4.4	not provided	60.8	not provided
Sainsbury's	Sainsbury's Moroccan Style Butternut Dip	Other Chilled dips	180	50	123	0.9	0.45	0.5	0.3	5.7	2.9
Sainsbury's	Sainsbury's Roasted Red Pepper Houmous	Houmous	200	50	317	0.89	0.45	2.6	1.3	27.2	13.6
The Co-operative	The Co-operative Houmous	Houmous	200	50	327	0.89	0.45	2.8	1.3	27.2	13.6
Marks & Spencer	Marks & Spencer Piri Piri Houmous	Houmous	200	not provided	233	0.88	not provided	1.9	not provided	16.9	not provided
Sainsbury's	Sainsbury's Smoky Jalapeno Topped Houmous	Houmous	200	50	267	0.88	0.44	2.2	1.1	20.8	10.4
Waitrose	Essential Waitrose Cheese & Chive Dip	Cheese-based	230	46	529	0.87	0.5	8.8	4.9	54.6	31.3
Aldi	Aldi The Deli Reduced Fat Houmous	Houmous	200	50	237	0.87	0.44	1.9	1	16	8
Marks & Spencer	Marks & Spencer Spicy Red Pepper Houmous	Houmous	200	50	292	0.85	not provided	3	not provided	18.1	not provided
Waitrose	Essential Waitrose Onion and Garlic Dip	Onion & Garlic	230	46	458	0.85	0.49	7	3.5	47	27
Asda	Asda Chosen by You Houmous Topped with Sunblush Tomato & Basil	Onion & Garlic	170	56	291	0.84	0.47	2.4	1.3	23	12.9
Waitrose	Waitrose Vibrant & Fiery Edamame & Pea Dip	Other Chilled dips	200	50							

Brand Name	Product Name	Category	Package Size (g)	Portion Size (g)	Energy (kcal) per 100g	Salt / 100g	Salt / portion (g)	Saturates /100g	Saturates /portion (g)	Total fat / 100g	Fat /portion (g)
Iceland	Iceland Soured Cream & Chive Dip	Sour cream-based	200	not provided	293	0.7	not provided	6.3	not provided	29.4	not provided
Morrison's	Morrison's NuMe Reduced Fat Sour Cream & Chive Dip	Sour cream-based	200	50	138	0.7	0.35	1.2	0.6	11	5.5
Marks & Spencer	Marks & Spencer Spirit of Summer Cooling Mint Yogurt Dip	Tzatziki/ Yogurt based	170	not provided	125	0.7	not provided	3	not provided	8.1	not provided
The Co-operative	The Co-operative Moroccan Topped Houmous	Houmous	170	43	229	0.68	0.29	1.5	0.7	17	7.3
Lidl	Lidl Meadowfresh Sour Cream & Chive Dip	Sour cream-based	200	50	294	0.68	0.34	6.8	3.3	29.4	14.7
Asda	Asda Organic Houmous	Houmous	200	50	330	0.67	0.34	2.7	1.4	28	14
Aldi	Aldi The Deli Tasty Sour Cream and Chive Dip	Sour cream-based	200	50	294	0.67	0.34	6.5	3.3	29	14.5
Lidl	Lidl Meadowfresh Onion Garlic & Herb Dip	Onion & Garlic	200	50	357	0.65	0.33	7.8	3.8	36.1	18.1
Aldi	Aldi The Deli Houmous	Houmous	200	50	346	0.64	0.32	2.8	1.4	28	14.5
The Co-operative	The Co-operative Caramelised Onion Houmous	Houmous	170	43	249	0.64	0.28	1.9	0.8	19	8.2
Sainsbury's	Sainsbury's Houmous	Houmous	230	46	278	0.63	0.29	2.7	1.2	23	10.1
Asda	Asda Onion & Garlic	Onion & Garlic	215	53.75	216	0.63	0.34	6.4	3.2	29	10.8
Sainsbury's	Sainsbury's Sour Cream & Chive Dip	Sour cream-based	200	50	284	0.63	0.32	6.8	3.3	27.3	13.9
Aldi	Aldi The Deli Lemon & Coriander Houmous	Houmous	170	43	250	0.62	0.27	2	0.9	18	7.7
Asda	Asda 30% Less Fat Garlic & Onion Dip	Onion & Garlic	215	53.75	166	0.62	0.33	3.1	1.7	13	7
Asda	Asda Sweet Chilli Houmous	Houmous	200	50	262	0.61	0.31	2	1	18	9
Sainsbury's	Sainsbury's Be Good to Yourself 30% Less Fat Houmous	Houmous	230	60	108	0.61	0.37	1.2	0.7	10.5	6.3
The Co-operative	The Co-operative Onion and Garlic Dip	Onion & Garlic	200	50	399	0.61	0.31	6.4	3.4	30	20.1
Asda	Asda Sour Cream & Chive	Sour cream-based	215	53.75	303	0.61	0.33	7.2	3.9	38	16.1
Asda	Asda Chosen by You Chilli Cheese Dip	Cheese-based	215	53.7	315	0.6	0.32	6.3	3.3	29	15.5
Morrison's	Morrison's Chilli Cheese Dip	Cheese-based	200	50	371	0.6	0.3	3.6	1.8	36.6	18.3
Marks & Spencer	Marks & Spencer Spirit of Summer Chunky Guacamole	Guacamole	170	not provided	159	0.6	not provided	3	not provided	14.5	not provided
Morrison's	Morrison's Sundried Tomato & Basil Houmous	Houmous	200	50	301	0.6	0.3	2.3	1.1	23	11.6
Morrison's	Morrison's Lemon & Coriander Houmous	Houmous	200	50	315	0.6	0.3	2.4	1.2	25.8	12.8
Morrison's	Morrison's Classic Houmous	Houmous	200	50	368	0.6	0.3	3	1.5	32.8	16.4
Iceland	Iceland Onion & Garlic Dip	Onion & Garlic	170	not provided	377	0.6	not provided	5.9	not provided	37.8	not provided
Morrison's	Morrison's Creamy Sweet Chilli Dip	Other Chilled dips	200	50	405	0.6	0.3	6.4	3.2	40.8	20.5
Morrison's	Morrison's Mild Tomato Salsa	Salsa	200	50	45	0.6	0.3	0.1	0.1	1.3	0.6
Tesco	Tesco Soured Cream & Chive	Sour cream-based	200	50	280	0.6	0.3	8.4	4.5	27.4	13.7
Asda	Asda Tzatziki	Tzatziki/ Yogurt based	215	53.75	134	0.6	0.32	5	2.7	11	5.9
Marks & Spencer	Marks & Spencer Tzatziki	Tzatziki/ Yogurt based	230	not provided	120	0.6	not provided	4.7	not provided	9.9	not provided
Morrison's	Morrison's Greek Style Tzatziki	Tzatziki/ Yogurt based	200	50	137	0.6	0.3	6.8	3.3	10.5	6.3
Asda	Asda Moroccan Spiced Houmous	Houmous	200	50	237	0.59	0.3	1.5	0.8	15	7.5
Asda	Asda Beetroot & Mint Dip	Other Chilled dips	180	45	83	0.59	0.27	2	0.9	3.3	1.5
Asda	Asda Hot & Spicy Salsa	Salsa	215	53.75	38	0.59	0.32	0.1	0.1	0.5	0.3
Lidl	Lidl Meadow Fresh Classic Houmous	Houmous	300	50	351	0.58	0.29	2.7	1.4	30	15
Sainsbury's	Sainsbury's Edamame Bean & Mint Dip	Other Chilled dips	170	42.5	141	0.58	0.23	1.9	0.8	8.3	3.3
Marks & Spencer	Marks & Spencer Spirit of Summer Tomato Salsa	Salsa	200	not provided	65	0.58	not provided	0.5	not provided	3.5	not provided
Sainsbury's	Sainsbury's Tzatziki	Tzatziki/ Yogurt based	230	50	129	0.58	0.29	4.4	2.2	10.4	5.2
Waitrose	Waitrose Tany & Refreshing Vine Ripened Tomato Salsa	Salsa	200	50	67	0.57	0.29	0.3	0.2	3.7	1.9
Marks & Spencer	Marks & Spencer Spirit of Summer Sour Cream & Chive Dip	Sour cream-based	230	not provided	383	0.55	not provided	9	not provided	39.4	not provided
Asda	Asda Guacamole	Guacamole	170	42.5	177	0.54	0.23	6	2.6	17	7.2
The Co-operative	The Co-operative Guacamole	Guacamole	200	50	212	0.53	0.27	5.4	2.7	28	10
Asda	Asda Caramelised Onion Houmous	Houmous	200	50	226	0.53	0.27	1.7	0.9	15	7.5
Lidl	Meadowfresh Lemon & Coriander Houmous	Houmous	250	50	300	0.53	0.27	2.1	1.1	24	12
Asda	Asda 30% Less Fat Red Pepper and Chilli Houmous	Houmous	200	50	247	0.51	0.26	1.9	1	18	9
Waitrose	Essential Waitrose Sour Cream and Chive Dip	Sour cream-based	230	57.5	327	0.51	0.29	10.3	5.9	39.8	18.7
The Co-operative	The Co-operative Tzatziki	Tzatziki/ Yogurt based	200	50	127	0.51	0.26	5.8	2.6	10	5
Morrison's	Morrison's Mature Cheddar & Chive Dip	Cheese-based	200	50	327	0.5	0.25	7.4	3.7	32.4	16.2
Sainsbury's	Sainsbury's Guacamole	Guacamole	170	50	212	0.5	0.25	7.4	3.7	20.4	10.1
Waitrose	Waitrose Smooth & Refreshing Guacamole Reduced Fat	Guacamole	200	50	141	0.5	0.25	2.5	1.3	11.8	5.9
Asda	Asda Cool Tomato Salsa	Salsa	215	53.75	39	0.5	0.27	0.1	0.1	0.8	0.3
Tesco	Tesco Reduced Fat Soured Cream & Chive	Sour cream-based	200	50	190	0.5	0.25	5.8	2.9	16.2	8.1
Asda	Asda 30% Less Fat Lemon & Coriander Houmous	Houmous	200	50	264	0.49	0.25	2.3	1.2	18	9.5
Marks & Spencer	Marks & Spencer Spirit of Summer Reduced Fat Sour Cream & Chive Dip	Sour cream-based	230	not provided	169	0.48	not provided	2.7	not provided	14.2	not provided
Asda	ASDA 30% Less Fat Houmous	Houmous	310	51.6	252	0.46	0.24	2.2	1.1	18	9.3
Asda	Asda 30% Less Fat Houmous	Houmous	200	50	252	0.46	0.23	2.2	1.1	18	9
Waitrose	Waitrose Cool & Minty Tzatziki	Tzatziki/ Yogurt based	200	50	148	0.46	0.23	5.8	2.8	12.7	6.4
Sainsbury's	Sainsbury's Salsa	Salsa	230	50	62	0.45	0.23	0.2	0.1	1.8	0.9
Asda	Asda Cheesy Memphis BBQ Dip	Sour cream-based	200	50	270	0.45	0.23	7	3.5	24	12
The Co-operative	The Co-operative Soured Cream & Chive Dip	Sour cream-based	200	50	342	0.45	0.23	8.3	4.2	35	17.5
Lidl	Lidl Meadowfresh Red Pepper Houmous	Houmous	250	50	342	0.43	0.22	2.6	1.3	29	14.5
Tesco	Tesco Guacamole	Guacamole	163	41	205	0.4	0.16	5.8	2.3	19.6	8
Waitrose	Waitrose Creamy & Refreshing Guacamole	Guacamole	200	50	210	0.4	0.2	7.4	3.6	20	10
Tesco	Tesco Hot Salsa	Salsa	200	50	52	0.4	0.2	0.2	0.1	2.6	1.3
Tesco	Tesco Cool Salsa	Salsa	200	50	55	0.4	0.2	0.3	0.2	2.7	1.4
Morrison's	Morrison's Soured Cream & Chive Dip	Sour cream-based	200	50	292	0.4	0.2	7.9	3.7	29.2	14.6
Morrison's	Morrison's Soured Cream & Chive Dip	Sour cream-based	70	70	292	0.4	0.28	7.3	5.1	29.4	20.4
The Co-operative	The Co-operative Reduced Fat Soured Cream & Chive Dip	Sour cream-based	200	50	179	0.4	0.2	5.8	3	15	7.5
Tesco	Tzatziki	Tzatziki/ Yogurt based	200	50	122	0.4	0.2	4.3	2.2	9.7	4.9
The Co-operative	The Co-operative Salsa	Salsa	200	50	55	0.3	0.15	<0.1	<0.1	2.2	1.1
Waitrose	Essential Waitrose Reduced Fat Sour Cream and Chive Dip	Sour cream-based	230	57.5	161	0.29	0.15	2.9	1.7	13.1	7.5