

Cheese and Tomato Pizza

Brand A:

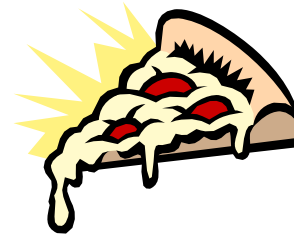
Ingredients: Wheat flour, vegetable oil, water, mozzarella, tomato, cheddar cheese, tomato puree, vegetable fat, sodium, yeast, thickener, salt, sugar, herbs, spices.

Weight 290g

Cost €2.71

Serves 1

<i>Nutrition Information:</i>	<i>Typical values per 100g</i>
Energy:	228kcal
Protein:	6.8g
Carbohydrate:	25g
(of which sugars)	7.9g
Fat:	12g
(of which saturates)	3g
Fibre:	1.5g
Sodium:	0.8g



Brand B:

Ingredients: Wheat flour, water, mozzarella, tomato, cheddar cheese, tomato puree, vegetable fat, yeast, thickener, salt, sugar, garlic, herbs, spices.

Weight: 290g

Cost: €2.90

Serves 1

<i>Nutrition Information: Typical values per 100g</i>	
Energy:	196kcal
Protein:	9.1g
Carbohydrate:	27g
(of which sugars)	6g
Fat:	6.5g
(of which saturates)	1.5g
Fibre:	1.9g
Sodium:	0.5g

Exercise:

Compare the above pizzas. Which is the better value for money and why?

