

# TASTE TEST...

## PREMIUM SAUSAGES

Which Bonfire Night bangers taste best?

139 CALS  
10.1G FAT  
0.8G SALT  
PER SAUSAGE



### Duchy Selections Free Range 6 Pork

**Sausages** £2.85 per 400g pack Made from 87 per cent free-range pork, these bangers have a herby taste and are very meaty. Super-tasty and the lowest in calories, fat and salt – but pricey. ★★★★★

143 CALS  
10.3G FAT  
1G SALT  
PER SAUSAGE



### Porkinson Outdoor Reared 6 Pork

**Sausages** £2.29 per 398g pack These contain 80 per cent pork shoulder, so are meaty. But they were the most likely to burn when grilled and looked most like a standard sausage. ★★★

161 CALS  
13.1G FAT  
0.9G SALT  
PER SAUSAGE



### The Black Farmer Premium 6 Pork

**Sausages** £2.49 per 400g pack With 90 per cent prime British pork, these have a lovely flavour. The highest in calories and fat, but worth it for the delicious taste. ★★★★★