

Supermarket Waffles, Pancakes, Pretzels and Crepes Survey

Data table sorted highest calories per serving

Product information was collected online and/or in store during

August and September 2019

Serving size as reported on pack or calculated from per 100g

and per serving nutrition information

NP, not provided

Product Name	Energy Per Serve (kcal)	Salt Per Serve (g)	Sugars Per Serve (g)
St. Pierre Belgian Waffle With Butter 90g	394	1	25.1
Tesco Plain Pretzel 100g	293	2	3.5
The Original Waffle Co. 5 Belgian Choc' Waffles 300g	280	0.3	16.8
Waffle Amour Sugar Waffles	257	0.44	13.3
The original Waffle Co. 5 Sugar Waffles 275g	248	0.28	16
Rowan Hill Bakery 7 Sugar Waffles 385g	246	0.23	16.5
Co-operative 4 Giant Pancakes	241	0.86	12
Co-operative 3 Mini Pancakes	225	0.55	19
Waitrose 8 Pancakes 480g	224	0.73	8
Tesco 4 Sugar Waffles	222	0.3	14.2
Jongens 6 Soft Toast Waffles	199	0.32	13.7
Wafel Janssen B.V. 6 Toasting Waffles 250g	198	0.33	13.7
Asda 6 Classic Waffles	190	0.3	12
Rowan Hill Bakery 10 Caramel Waffles 400g	185	0.21	16
Sainsbury's Taste the Difference Fluffy & Indulgent 4 Luxury Belgian Chocolate Pancakes	184	0.35	6.5
Morrisons The Best 4 Maple Syrup Pancakes	179	0.74	14
Tesco 4 Buttermilk Pancakes	176	0.6	11.8
M&S 4 Ultimate Buttermilk Pancakes 280g	176	0.46	6.7
Fournier And Belle Flower Shaped Waffles	171	0.31	12.2
The Village Bakery 8 Chocolate hazelnut flavour filled waffles	169	0.22	14
Asda 8 Chocolate and Hazelnut Flavour Waffles	169	0.2	13
Asda Extra Special 4 Buttermilk Pancakes	167	0.57	12
Dessert Menu 8 Sweet Pancakes	167	0.3	9.1
Waitrose 8 Thick and Fluffy Buttermilk Pancakes 280g	161	0.6	8.8
Asda 8 Sweet Pancakes	161	0.43	8.9
Co-operative 8 Sweet Pancakes	160	0.44	8.7
Sainsbury's 6 Sweet Pancakes 375g	159	0.45	9
Morrisons 6 Sweet Pancakes	159	0.45	9
Tesco 8 Sweet Pancakes	158	0.4	8.4
Rowan Hill Bakery 8 Chocolate And Hazelnut Crepes	151	0.26	12.8
Whao! 8 Chocolate Filled Crepes	150	0.25	12
Sainsbury's 6 Chocolate Filled Crepes	149	0.22	12.2
Sainsbury's Taste the Difference Light & Fluffy 4 Luxury Buttermilk Pancakes	148	0.31	4.9
Abra-Ca-Debora 6 Sweet Dutch Pancakes 375g	147	0.28	7.8
The Village Bakery 4 Giant Buttermilk Pancakes	146	0.64	9.5
Sainsbury's 6 Classic Pancakes 375g	146	0.52	1.9
Fournier And Belle Chocolate And Hazelnut Filled Crepes	145	0.35	12
Abra-Ca-Debora 6 Original Dutch Pancakes 375g	141	0.31	3.1
The Village Bakery 6 Chocolate Filled Crepes	140	0.19	12
Asda 6 Chocolate Hazelnut Crepes 180g	138	0.19	10
Tesco 8 Chocolate Filled Crepes	137	0.3	13.2
Sainsbury's Taste the Difference Belgian Waffles 175g	124	0.16	8.4
Continental Classics 8 Belgian Butter Waffles 200g	124	0.1	8.4
Sainsbury's 6 Light & Fluffy Buttermilk Pancakes	120	0.4	5.4
Schar Gluten Free Waffles	120	0.15	7.3
Waffle Amour 8 Belgian Style Toasting Waffles	119	0.14	6.3
McVitie's 8 Toasting Waffles 200g	115	0.18	7.4
McVitie's 12 Toasting Waffles 300g	115	0.18	7.4
McVitie's 8 Chocolate Flavour Toasting Waffles	114	0.18	6.9
Kingsmill Syrup and Sultana 6 Pancakes	102	0.38	10.8
Rowan Hill Bakery 12 Toasting Waffles 250g	100	0.16	6.9
Asda Baker's Selection Scotch Pancakes 6 Pack	97.2	0.19	8
The Village Bakery 12 Toasting Waffles	94	0.16	5.8
Sainsbury's 6 Lemon & Raisin Pancakes	91	0.32	7.7
The Village Bakery 6 Fruity Lemon & Raisin Pancakes 210g	91	0.3	7.9
Essential Waitrose 6 Scotch Pancakes	90	0.31	7.8
Rowan Hill Bakery 6 Lemon & Raisin Pancakes	90	0.31	7.7
Morrisons Free From 6 Golden Syrup Pancakes	89	0.41	6.7
Hovis 9 Scotch Pancakes	88	0.36	5.8
Asda 6 Scotch Pancakes	87	0.3	6.9
Marks & Spencer 6 Scotch Pancakes 190g	85	0.25	6.5
Marks & Spencer 6 Mandarin Orange Pancakes 190g	84	0.28	5.9
Waitrose Six Maple Syrup Pancakes	83	0.41	5.3
Genius 6 Gluten Free Pancakes	83	0.31	6.9
The Co-operative 6 Scotch Pancakes	83	0.29	5.2
Morrisons Lemon & Raisin Scotch Pancakes 8 Pack	83	0.25	8.6
Morrisons 8 Scotch Pancakes	82	0.22	5.2
Tesco 8 Scotch Pancakes	81	0.3	4.9
Sainsbury's 6 Scotch Pancakes	79	0.3	5.9
Rowan Hill Bakery 6 Scotch Pancakes 180g	77	0.28	4.9
The Village Bakery 6 Super Soft Scotch Pancakes 180g	77	0.26	5.4
Iceland 8 Scotch Pancakes 240g	76	0.3	5
Marks & Spencer Made Without Wheat Gluten Free 6 Golden Syrup Scotch Pancakes 210g	75	0.4	5
Kingsmill 6 Golden Pancakes	75	0.35	6.3
Kingsmill 6 Pancakes	75	0.35	6.3
Warburtons 6 Pancakes	68	0.35	4.7

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Abra-Ca-Debra Diddy Sweet Dutch Pancakes 200g	29	0.07	1.4
Asda Baker's Selection Scotch Pancakes 5 Pack	NP	NP	NP
Asda Baker's Selection Chocolate Pancakes 5 Pack	NP	NP	NP
Asda Baker's Selection Maple Pancakes 5 Pack	NP	NP	NP
Asda Baker's Selection Fruit Pancakes	NP	NP	NP
Lidl Fresh Bakery Pretzel	NP	NP	NP
Co Op Fresh Bakery Pretzel	NP	NP	NP
Waitrose Plain Pretzel	NP	NP	NP