

Kosher food list



	SmartPoints values		
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Kosher			
Non-branded food			
Egg, hard boiled, 1 medium, 52g	2	0	0
Goose, roasted, 1 slice, 30g	2	2	2
Grape Juice, 250ml	9	9	9
Herring, raw, 1 fillet, 120g	6	0	0
Honey, 1 teaspoon, 8g	1	1	1
Horseradish Sauce, 1 tablespoon, 20g	1	1	1
Jam, 1 heaped teaspoon, 18g	3	3	3
Matzo Meal, 1 heaped tablespoon, 25g	3	3	3
Ox Liver, raw, 100g	3	3	3
Pastrami, 2 slices, 24g	1	1	1
Pine Nuts, 15g	3	3	3
Pitta, 1 medium, 60g	4	4	4
Potato Cake, 1 individual, 60g	5	5	5
Soured Cream, 1 tablespoon, 15ml	2	2	2
Veal Escalope, raw, 1 medium, 130g	2	2	2
Branded food			
Barkat			
Gluten Free Matzo Round Crackers, 3 crackers, 18g	2	2	2
Bloom's			
American Frankfurters, 1/5 pack, 68g	4	4	4
Cocktail Viennas, 1/5 pack, 68g	4	4	4
Chevington			
Sliced Mild Cheddar, 1 slice, 20g	3	3	3
Cohen's Bakery			
Buckingham Boulangerie Challa, 1 serving, 40g	4	4	4
Buckingham Boulangerie Rye Bread, 1 serving, 30g	2	2	2
Gilbert's			
Chicago Recipe Beef Hot Dogs, 1 serving, 35g	2	2	2
Chorizo, 1/4 pack, 43g	3	3	3
Corned Beef, 1/4 pack, 43g	2	2	2
Peppered Beef Salami, 1/4 pack, 43g	3	3	3
Roast Turkey Breast Slices, 1 serving, 46g	1	0	0
Turkey Breast Pastrami, 1/4 pack, 36g	1	1	1
Wafer Thin Salt Beef, 1/4 pack, 43g	1	1	1

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Gosh!			
Original Falafel, 1 individual, 22g	2	2	2
Moroccan Spiced Falafel, 1 individual, 22g	2	2	2
Spinach & Pine Nut Bites, 1 individual, 22g	2	2	2
Mackays			
Ginger Preserve, 1 serving, 20g	3	3	3
Scottish Raspberry Preserve, 1 serving, 20g	3	3	3
Scottish Strawberry Preserve, 1 serving, 20g	3	3	3
Seville Orange Marmalade, 1 serving, 20g	3	3	3
The Dundee Orange Marmalade, 1 serving, 20g	3	3	3
Three Fruit Marmalade, 1 serving, 20g	3	3	3
Mr Freed's			
Cocktail Potato Latkes, 1/4 pack, 60g	5	5	5
Oak Smoked Salmon, 1/5 pack, 50g	2	0	0
Small Fish Balls, 1/5 pack, 60g	3	3	3
Tuna Bites, 1/5 pack, 50g	3	3	3
Osem			
Cream Crackers, 1 serving, 20g	3	3	3
Honey Cake, 1 serving, 40g	7	7	7
Marble Cake, 1 serving, 40g	7	7	7
Mini Croutons The Original Mini Mandel, 1 serving, 28g	5	5	5
Sesame Coated Ring Pretzels, 1/5 pack, 60g	8	8	8
Walnut Cake, 1 serving, 40g	7	7	7
Rakusen's			
99% Crackers Just 1% Fat, 1 cracker, 5g	1	1	1
99% Crackers Just 1% Fat, Herb & Onion, 1 cracker, 5g	1	1	1
Carrot & Lentil Soup, 1/2 can, 200g	4	3	3
Cheese Snackers, 4 individual, 10g	2	2	2
Chocolate Digestives, 1 serving, 20g	4	4	4
Chocolate Oaties, 1 serving, 18g	4	4	4
Digestive Biscuits, 1/8 pack, 31.25g	6	6	6
Matzos Crackers, 1 cracker, 5g	1	1	1
Tomor Sunflower Margarine, 1 serving, 10g	3	3	3

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Traditional Matzos, 1 cracker, 21g	2	2	2
Tuscan Bean Soup, 1/2 can, 200g	3	2	2
Yorkshire Crackers, 1 cracker, 5g	1	1	1
Sheese 100% Dairy Free			
Blue Style, 1 serving, 40g	5	5	5
Edam Style, 1 serving, 40g	6	6	6
Garlic & Herb Creamy Spread, 1 serving, 40g	6	6	6
Gouda Style, 1 serving, 40g	6	6	6
Greek Style, 1 serving, 40g	6	6	6
Mature Cheddar Style Slices, 1 serving, 20g	3	3	3
Mild Cheddar Style, 1 serving, 40g	6	6	6
Mozzarella Style Slices, 1 serving, 20g	3	3	3
Original Creamy Spread, 1 serving, 40g	6	6	6
Sweet Chilli Creamy Spread, 1 serving, 40g	6	6	6
White Cheddar Style Slices, 1 serving, 20g	3	3	3
Tesco			
Kosher Baked Beans, 1/4 can, 105g	3	3	3
Yarden			
Chicken Viennas, 1/4 pack, 63g	5	5	5
Grilled Chicken Fillets, 1/2 pack, 175g (frozen)	3	3	3
Guacamole, 1 tablespoon, 30g	2	2	2
Homestyle Latkes, 1/4 pack, 125g (frozen)	8	8	8
Houmous & Tahina, 1 tablespoon, 30g	3	3	3
Houmous, 1 tablespoon, 30g	3	3	3
Mini Kabanos, 1 individual, 18g	2	2	2
Red Cabbage in Mayonnaise, 1 tablespoon, heaped, 30g	2	2	2
Smoked Chicken Breast Slices, 3 slices, 57g	1	1	1
Smoked Turkey Breast Slices, 3 slices, 58g	1	1	1
Turkey Breast Schnitzel, 1/4 pack, 175g (frozen)	10	10	10