

| Product | Energy kj/100g | Protein g/100g | Total fat g/100g | Sat fat g/100g | Carb g/100g | Sugar g/100g | Sodium mg/100g | Salt g/100g | Highest/lowest kj content/100g |
|--|----------------|----------------|------------------|----------------|-------------|--------------|----------------|-------------|--------------------------------|
| Shortbread | | | | | | | | | |
| Macs Macadamia Butter Shortbread | 2110 | 6.6 | 26.4 | 15.4 | 59 | 18.9 | 215 | 0.5 | Lowest |
| Woolworths Gold Indulgent Roasted Almond Shortbread | 2120 | 6.8 | 23.3 | 14.8 | 66.5 | 34 | 5 | 0.0 | |
| Belmont Biscuit Co. Butter Shortbread | 2140 | 5.6 | 25.3 | 16.6 | 65.3 | 20.4 | 159 | 0.4 | |
| Woolworths Gold Indulgent Shortbread Pure Butter | 2150 | 7.3 | 27.2 | 18.4 | 59.8 | 17.4 | 270 | 0.7 | |
| Arnott's Farmbake Butter Shortbread | 2160 | 5.5 | 27.5 | 15.6 | 60.5 | 15.9 | 186 | 0.5 | |
| Coles Shortbread Fingers | 2160 | 6.4 | 28.6 | 16.9 | 57.4 | 16.3 | 310 | 0.8 | |
| Walkers Pure Butter Mini Shortbread Christmas Trees | 2170 | 5.5 | 28.8 | 18 | 59.7 | 18.7 | 192 | 0.5 | |
| Unibic Pure Butter Shortbread Fingers | 2200 | 5.6 | 27.6 | 17.8 | 62.7 | 19.3 | 210 | 0.5 | |
| Walkers Pure Butter shortbread | 2230 | 5.6 | 30.3 | 18.9 | 58.4 | 16.4 | 277 | 0.7 | Highest |
| Chocolate Truffles | | | | | | | | | |
| Oliviero Almonds Chocolate Truffles | 2300 | 10 | 27 | 17 | 38 | 37 | 40 | 0.1 | Lowest |
| Choceur Cocoa Dusted Orange Truffles | 2500 | 4 | 45.6 | 38.9 | 41 | 39.6 | 140 | 0.4 | |
| Mosser Roth Grand Chocolate Truffles Coffee | 2530 | 6.6 | 44.6 | 35.5 | 44.6 | 44 | 83 | 0.2 | |
| Truffettes De France French Truffles Dusted with Cocoa Powder | 2549 | 4.9 | 47.2 | 35.4 | 40 | 33.5 | | 0.3 | |
| Lindt Gourmet Truffles | 2590 | 5.7 | 48.3 | 32.8 | 44.2 | 39 | 70 | 0.2 | Highest |
| Panettone | | | | | | | | | |
| Aldi Casa Barelli Traditional fruit Panettone | 1500 | 6.4 | 13.4 | 9.4 | 52.4 | 21.2 | 190 | 0.5 | Lowest |
| Loison Panettone Fico Di Calabria | 1517 | 6 | 14 | 9 | 53 | 29 | 224 | 0.6 | |
| Dolce Forneria Italian Specialities Traditional Fruit Mini Panettone | 1550 | 7.9 | 14 | 8.6 | 52 | 28 | 200 | 0.5 | |
| Pasticceria Fraccaro Panettone Classico | 1608 | 7 | 17.5 | 12 | 48.1 | 25.8 | | 0.5 | |
| Aldi Casa Barelli Chocolate Chip Panettone | 1620 | 7 | 17 | 12 | 51.4 | 21.6 | 200 | 0.5 | |
| Pineta Panettone Cuor Arancia | 1657 | 6.6 | 18.3 | 10.2 | 50.1 | 27.9 | | 0.4 | |
| Dolce Forneria Italian Specialities Chocolate Chip Mini Panettone | 1720 | 8.4 | 20 | 12 | 48 | 21 | 228 | 0.6 | Highest |
| Christmas Pudding | | | | | | | | | |
| Coles Simply Gluten Free Christmas Pudding | 1100 | 2.2 | 3 | 0.8 | 55.7 | 36.4 | 190 | 0.5 | Lowest |
| Coles Mini Christmas Pudding | 1190 | 3.6 | 5.5 | 1.4 | 54.5 | 38.3 | 207 | 0.5 | |
| Aunt Betty's Christmas Plum and Cherry Pudding | 1240 | 2.9 | 5.4 | 2.5 | 49.7 | 40.3 | 240 | 0.6 | |
| Coles Finest Christmas Luxury Pudding | 1330 | 2.7 | 5.4 | 2.2 | 63.5 | 38.7 | 90 | 0.2 | |
| Pudding Lane Classic Christmas Pudding | 1340 | 4.3 | 11.3 | 7.2 | 48.7 | 34.6 | 190 | 0.5 | |
| Emmalines' Country kitchen Christmas Pudding | 1680 | 6.5 | 15.5 | 8 | 58.8 | 43.5 | 229 | 0.6 | Highest |
| Christmas Cake/Fruit Cake | | | | | | | | | |
| Coles Rich Fruit Cake | 1230 | 4.3 | 5.8 | 2.1 | 52.8 | 36.1 | 160 | 0.4 | Lowest |
| Aldi The cake Stall Iced Christmas Cake Slices | 1410 | 3.3 | 5.7 | 3.2 | 65.7 | 53.5 | 173 | 0.4 | |
| Guernsey Street Classic Christmas Cake | 1440 | 3.7 | 11.5 | 7.1 | 50.6 | 40.8 | 154 | 0.4 | |
| Woolworths Select Pre Sliced Iced Fruit Cake | 1490 | 3.7 | 6 | 3.8 | 70.9 | 49.1 | 150 | 0.4 | |
| Big Sister Rich Fruit Cake | 1530 | 4.3 | 12.1 | 5.8 | 61.3 | 42.7 | 147 | 0.4 | |
| Schultze Christstollen | 1649 | 4.5 | 15 | 7.1 | 59 | 35 | 150 | 0.4 | |
| Black & Gold Dark Fruit Cake | 1650 | 4.8 | 13.6 | 7.2 | 52.3 | 31.6 | 363 | 0.9 | |
| Kuchen Meister Marzipan Christmas Stollen | 1700 | 4.7 | 16 | 6.7 | 59 | 35 | 150 | 0.4 | |
| Specially Selected Passionate About Food Luxury Iced all over Christmas Cake | 1710 | 3.8 | 9.3 | 3 | 67 | 54 | 70 | 0.2 | Highest |
| Chocolate Coated Nuts | | | | | | | | | |
| Nestle Scorched Almonds | 2220 | 9.5 | 32 | 15.6 | 50.9 | 49.9 | 95 | 0.2 | Lowest |
| Woolworths Select Chocolate Coated Almonds | 2230 | 6.4 | 30.5 | 15.9 | 56.9 | 54.9 | 43 | 0.1 | |
| Naked Truth Take it Off Cocoa Dusted Scorched almonds | 2230 | 6.5 | 30.5 | 15.9 | 57.1 | 55.1 | 44 | 0.1 | |

| | | | | | | | | |
|---|------|------|------|------|------|------|-----|-------------|
| Cadbury Chocolate Coated Almonds | 2260 | 6.2 | 31.9 | 16.4 | 56.2 | 54.5 | 65 | 0.2 |
| Ballantyne Scorched Almonds Coated in Real Milk Chocolate | 2260 | 8.3 | 32.8 | 16.1 | 53.3 | 51.7 | 69 | 0.2 |
| Hillier's Milk Chocolate Coated Salted Caramel Peanuts | 2280 | 11.6 | 32.5 | 12.1 | 48.7 | 47.2 | 202 | 0.5 |
| Woolworths Select Peanuts Chocolate Coated | 2350 | 12.2 | 36.5 | 13.2 | 43.7 | 40.3 | 41 | 0.1 highest |

Mince Pies

| | | | | | | | | |
|--|------|-----|------|-----|------|------|-----|-------------|
| Aldi The Cake Stall Fruit Mince Pies | 1500 | 4 | 10.2 | 5.8 | 61.6 | 37.6 | 328 | 0.8 Lowest |
| Coles Finest Christmas Fruit Mince Pies | 1610 | 4.1 | 13.7 | 9.4 | 60 | 31.2 | 125 | 0.3 |
| Coles Bundaberg Rum Fruit Mince Pies | 1620 | 4.5 | 12.6 | 7.1 | 61.9 | 27.3 | 264 | 0.7 |
| Woolworths Mince Pies Summer Berry | 1630 | 4.3 | 12.8 | 7.2 | 63.5 | 34.4 | 250 | 0.6 |
| Walkers Luxury Fruit Mince Tarts | 1640 | 2.9 | 14.8 | 5 | 61.4 | 41 | 216 | 0.5 |
| Coles Fruit Mince Pies | 1670 | 4.3 | 14.3 | 7 | 61.7 | 36.7 | 120 | 0.3 |
| Yuletide Bakehouse Christmas Fruit Mince Bites | 1670 | 3.6 | 14 | 6.5 | 64.4 | 38.5 | 332 | 0.8 |
| Woolworths Fruit Mince Pies | 1710 | 4.6 | 13.9 | 7 | 65.7 | 36.1 | 250 | 0.6 highest |

Cranberry Sauce

| | | | | | | | | |
|-----------------------------------|------|-----|---|---|----|----|----|-------------|
| Ocean Spray Whole Cranberry Sauce | 660 | 0 | 0 | 0 | 40 | 40 | 50 | 0.1 Lowest |
| Woolworths Select Cranberry Sauce | 673 | 0 | 1 | 1 | 38 | 37 | 5 | 0.0 |
| Coles Cranberry Sauce | 690 | 0 | 0 | 0 | 40 | 40 | 50 | 0.1 |
| Beerenberg Cranberry Sauce | 840 | 1 | 1 | 1 | 50 | 49 | 5 | 0.0 |
| Mackays Cranberry Sauce | 1117 | 0.1 | 0 | 0 | 65 | 65 | 0 | 0.0 highest |

Water Crackers

| | | | | | | | | |
|---|------|------|------|-----|------|-----|-----|-------------|
| Coles Original Water Crackers | 1736 | 11.4 | 7.6 | 3.7 | 72.4 | 2.3 | 647 | 1.6 Lowest |
| Carr's Table Water Crackers | 1750 | 10.1 | 7.6 | 3.3 | 74.2 | 1.6 | 592 | 1.5 |
| Woolworths Select Water Crackers Cracked Pepper | 1780 | 10.4 | 9.3 | 4.4 | 72.1 | 2.5 | 605 | 1.5 |
| Arnott's Water Crackers Original | 1790 | 10.8 | 7.1 | 3.2 | 73.7 | 0.1 | 632 | 1.6 |
| Nabisco Captains Table Classic Water Crackers | 1940 | 13 | 11.7 | 5.5 | 74 | 1 | 615 | 1.5 highest |
| Damora Admiral's Quarters Original Water Crackers | 1940 | 13 | 11.7 | 5.5 | 74 | 1 | 615 | 1.5 highest |

Custard

| | | | | | | | | |
|--|-----|-----|-----|-----|------|------|----|-------------|
| Pauls Custard Vanilla Low Fat | 324 | 4.9 | 0.9 | 0.6 | 12.2 | 9.8 | 88 | 0.2 Lowest |
| Dairy Farmers Dairy Selection Pouring Custard Vanilla Lite | 363 | 3 | 1 | 1 | 16 | 14 | 88 | 0.2 |
| Coles Smooth & Creamy Custard Vanilla Flavoured | 402 | 3.2 | 3.6 | 2.5 | 12.6 | 8.5 | 31 | 0.1 |
| Woolworths Homebrand Custard Vanilla flavoured | 409 | 3 | 3.7 | 2.4 | 13 | 9.9 | 36 | 0.1 |
| Dairy Farmers Dairy Selection Vanilla Thick Custard | 428 | 4 | 3 | 2 | 14 | 12 | 58 | 0.1 |
| Dairy Farmers Thick Custard Vanilla | 428 | 3.6 | 3.2 | 2.1 | 14.4 | 12.4 | 58 | 0.1 |
| Farmdale Pouring Custard Creamy Vanilla Flavour | 430 | 3 | 3.4 | 2.3 | 14.9 | 11.6 | 38 | 0.1 |
| Brooklea Custard Vanilla | 430 | 3.2 | 2.7 | 1.7 | 16.2 | 15.1 | 51 | 0.1 |
| Foster Clark's Custard Vanilla Flavoured | 440 | 3.1 | 3.8 | 2.5 | 14.5 | 11.5 | 41 | 0.1 highest |