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| Food: | Stewed Steak |

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| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| ASDA Stewed Steak | 392 | 352.8 | 3.1 | 7.1 | 1.79 |
| Princes Stewed Steak in a Rich Meaty Gravy | 392 | 454.7 | 8.2 | 17.2 | 2.25 |
| Morrisons Stewed Steak | 392 | 458.6 | 7.4 | 12.5 | 2.00 |
| Sainsbury's Stewed Steak In Gravy | 400 | 464.0 | 7.2 | 10.0 | 2.50 |
| Stockwell & Co Stewed Steak & Gravy | 400 | 468.0 | 9.6 | 17.6 | 1.59 |
| Tesco Lean Stewed Steak | 400 | 476.0 | 7.6 | 12.0 | 2.00 |
| ASDA Smart Price Stewed Steak | 392 | 490.0 | 11.0 | 12.9 | 1.56 |
| Grant's stewed steak | 392 | 642.9 | 6.3 | 33.3 | 2.45 |

* Values Shown Per Full Can

Supermarkets Tested

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| ASDA | Tesco | Morrisons | Sainsburys | Waitrose | Iceland |
| YES | YES | YES | YES | YES | YES |

*N/A Indicates Either Nutrition Information Not Available on the Company’s Website or the Company Doesn’t Supply This Brand*