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| Food: | Yorkshire Puddings |

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| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Hearty Food Co. 15 | 230 | 33.4 | 0.1 | 5.1 | 0.50 |
| ASDA Smart Price 15 | 230 | 38.9 | 0.1 | 5.7 | 0.50 |
| Stamford St. Food Company Yorkshire Puddings x15 | 220 | 41.8 | 0.1 | 6.2 | 0.65 |
| Tesco 12 Yorkshire Puddings | 230 | 42.2 | 0.2 | 6.5 | 1.00 |
| Sainsbury's Deliciously Free From x 8 | 124 | 43.2 | 0.2 | 4.9 | 1.50 |
| Morrisons 12 pack | 180 | 44.3 | 0.3 | 5.9 | 1.60\ |
| ASDA 24 Yorkshire Puddings | 440 | 44.9 | 0.1 | 6.4 | 1.40 |
| Iceland 20 Yorkshire | 362 | 46.5 | 0.1 | 6.4 | 1.00 |
| Morrisons 12 Yorkshire Puddings | 230 | 52.3 | 0.1 | 7.7 | 1.00 |
| Aunt Bessie's 12 Bake at Home | 370 | 61.7 | 0.3 | 8.0 | 1.58 |
| Sainsbury's Yorkshire Puddings x6 | 132 | 67.1 | 0.2 | 8.9 | 1.00 |
| Yorkshire Pudding Co 6 Gluten Free | 180 | 73.8 | 0.3 | 10.2 | 2.50 |
| Morrisons 6 Large | 180 | 76.5 | 0.2 | 10.7 | 1.25 |
| ASDA 6 Yorkshire Puddings | 180 | 83.4 | 0.3 | 11.7 | 1.00 |
| Waitrose 6 Yorkshire | 180 | 85.8 | 0.4 | 11.0 | 1.70 |
| Tesco Finest 6 Beef Dripping | 195 | 89.4 | 1.4 | 10.5 | 1.75 |
| ASDA 6 Large | 230 | 95.1 | 0.3 | 13.0 | 1.25 |
| Morrisons The Best Beef Dripping 4 | 160 | 102.4 | 0.9 | 12.5 | 1.45 |
| Waitrose Frozen 4 Large Frozen | 180 | 106.7 | 0.3 | 15.4 | 1.80 |
| Iceland Luxury 4 Beef Dripping | 160 | 110.4 | 1.1 | 12.3 | 1.00 |
| Waitrose 4 Yorkshire | 160 | 114.0 | 0.3 | 16.6 | 1.50 |
| The Real Yorkshire Pudding Co. 4 Large Gluten Free | 160 | 119.2 | 0.6 | 15.2 | 1.50 |
| Sainsbury's Giant x 4 | 180 | 125.1 | 0.6 | 19.0 | 1.75 |
| ASDA Extra Special 6 Beef Dripping | 288 | 137.8 | 2.0 | 17.3 | 1.75 |
| Aunt Bessie's 4 Carvery Style | 220 | 150.2 | 0.9 | 20.9 | 1.50 |
| Iceland 2 Giant Yorkshire | 220 | 257.4 | 0.6 | 40.6 | 1.00 |
| Tesco 2 Giant | 220 | 266.2 | 0.6 | 42.0 | 1.10 |
| Morrisons Giant Yorkshire | 110 | 289.3 | 1.1 | 43.6 | 0.55 |
| ASDA Giant Yorkshire Pudding | 110 | 330.0 | 1.0 | 49.5 | 0.60 |

* Values shown per Pudding

| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| --- | --- | --- | --- | --- | --- |
| Aunt Bessie's 12 Bake at Home | 370 | 200 | 0.9 | 26 | 1.58 |
| Hearty Food Co. 15 | 230 | 218 | 0.5 | 33.5 | 0.50 |
| Tesco 12 Yorkshire Puddings | 230 | 220 | 0.8 | 33.8 | 1.00 |
| Iceland 2 Giant Yorkshire | 220 | 234 | 0.5 | 36.9 | 1.00 |
| Waitrose Frozen 4 Large Frozen | 180 | 237 | 0.6 | 34.2 | 1.80 |
| Tesco 2 Giant | 220 | 242 | 0.5 | 38.2 | 1.10 |
| ASDA 24 Yorkshire Puddings | 440 | 245 | 0.8 | 35 | 1.40 |
| Yorkshire Pudding Co 6 Gluten Free | 180 | 246 | 1.1 | 33.9 | 2.50 |
| ASDA 6 Large | 230 | 248 | 0.7 | 34 | 1.25 |
| ASDA Smart Price 15 | 230 | 254 | 0.6 | 37 | 0.50 |
| Morrisons 6 Large | 180 | 255 | 0.8 | 35.7 | 1.25 |
| Morrisons The Best Beef Dripping 4 | 160 | 256 | 2.2 | 31.3 | 1.45 |
| Iceland 20 Yorkshire | 362 | 257 | 0.8 | 35.3 | 1.00 |
| Morrisons Giant Yorkshire | 110 | 263 | 1.0 | 39.6 | 0.55 |
| Aunt Bessie's 4 Carvery Style | 220 | 273 | 1.7 | 38 | 1.50 |
| Morrisons 12 Yorkshire Puddings | 230 | 273 | 0.7 | 40 | 1.00 |
| Tesco Finest 6 Beef Dripping | 195 | 275 | 4.2 | 32.3 | 1.75 |
| Iceland Luxury 4 Beef Dripping | 160 | 276 | 2.8 | 30.8 | 1.00 |
| ASDA 6 Yorkshire Puddings | 180 | 278 | 1.0 | 39 | 1.00 |
| Sainsbury's Giant x 4 | 180 | 278 | 1.3 | 42.2 | 1.75 |
| Sainsbury's Deliciously Free From x 8 | 124 | 279 | 1.4 | 31.9 | 1.50 |
| Stamford St. Food Company Yorkshire Puddings x15 | 220 | 285 | 0.7 | 42.1 | 0.65 |
| Waitrose 4 Yorkshire | 160 | 285 | 0.7 | 41.5 | 1.50 |
| Waitrose 6 Yorkshire | 180 | 286 | 1.2 | 36.5 | 1.70 |
| ASDA Extra Special 6 Beef Dripping | 288 | 287 | 4.1 | 36 | 1.75 |
| Morrisons 12 pack | 180 | 295 | 1.8 | 39.4 | 1.60\ |
| The Real Yorkshire Pudding Co. 4 Large Gluten Free | 160 | 298 | 1.5 | 38 | 1.50 |
| ASDA Giant Yorkshire Pudding | 110 | 300 | 0.9 | 45 | 0.60 |
| Sainsbury's Yorkshire Puddings x6 | 132 | 305 | 1.1 | 40.6 | 1.00 |

* Values shown per 100 grams

Supermarkets Tested

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| 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*