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| Food: | Crab Meat |

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Kingfisher Catch Shredded Crab Meat | 145 | 65.3 | 0.3 | 1.2 | 2.00 |
| Ocean Isle Premium Crab Meat | 100 | 77.1 | 0.1 | 0.2 | 4.00 |
| Kingfisher Whole Lump Crab Meat | 105 | 84.0 | 0.2 | 1.6 | 2.80 |
| Ocean Finest Crab Claw Meat | 114 | 87.9 | 0.1 | 0.2 | 4.00 |
| Orkney Crab Meat | 100 | 108.0 | 1.3 | 1.1 | 3.50 |
| Kingfisher Jumbo Crab | 145 | 116.0 | 0.3 | 2.2 | 2.85 |
| John West Crab Meat Chunks | 170 | 119.0 | 0.3 | 2.2 | 3.50 |
| ASDA 16 Seafood Sticks | 250 | 297.5 | 1.3 | 45.0 | 0.84 |

* Values shown per product

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Kingfisher Catch Shredded Crab Meat | 145 | 45 | 0.2 | 0.8 | 2.00 |
| John West Crab Meat Chunks | 170 | 70 | 0.2 | 1.3 | 3.50 |
| Ocean Finest Crab Claw Meat | 114 | 77.1 | 0.1 | 0.2 | 4.00 |
| Ocean Isle Premium Crab Meat | 100 | 77.1 | 0.1 | 0.2 | 4.00 |
| Kingfisher Jumbo Crab | 145 | 80 | 0.2 | 1.5 | 2.85 |
| Kingfisher Whole Lump Crab Meat | 105 | 80 | 0.2 | 1.5 | 2.80 |
| Orkney Crab Meat | 100 | 108 | 1.3 | 1.1 | 3.50 |
| ASDA 16 Seafood Sticks | 250 | 119 | 0.5 | 18 | 0.84 |

* Values shown per 100 grams

Supermarkets Tested

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| ASDA | Tesco | Morrisons | Sainsburys | Waitrose | Iceland |
| YES | YES | YES | YES | YES | n/a |

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