|  |  |
| --- | --- |
| Food: | Fish Cakes |

| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| --- | --- | --- | --- | --- | --- |
| Youngs Flipper Dippers 10 Pack | 250 | 52.0 | 0.4 | 6.1 | 1.49 |
| Young's Gastro 8 Mini Fishcakes Spicy Salmon & Black Bean with a Chipotle Chilli Salsa Dip | 280 | 69.3 | 0.3 | 6.4 | 3.50 |
| Gastro 8 Mini Fishcakes Smoked Haddock Arancini Style | 280 | 79.1 | 0.8 | 6.4 | 3.50 |
| ASDA 8 Breaded Cod Fishcakes | 400 | 88.5 | 0.7 | 9.0 | 1.80 |
| Birds Eye 4 Breaded Cod Cakes | 198 | 90.1 | 0.3 | 7.4 | 1.10 |
| Birds Eye Cod Fish Cakes 4 Pack  | 198 | 90.1 | 0.3 | 7.4 | 1.10 |
| Hearty Food Co 10 Cod Fishcakes | 500 | 90.5 | 0.6 | 10.2 | 1.25 |
| Morrisons 8 Cod Fish Cakes | 400 | 92.5 | 0.7 | 9.9 | 1.20 |
| Young's Omega 3 12 Fish Cakes | 600 | 96.0 | 0.8 | 9.5 | 2.00 |
| Iceland 10 Breaded Cod Fishcakes | 420 | 100.0 | 0.4 | 9.7 | 1.00 |
| ASDA 8 Battered Cod Fishcakes | 360 | 102.6 | 0.9 | 8.1 | 1.80 |
| Slimming World Free Food 2 Thai Style Fishcakes | 280 | 119.0 | 0.4 | 7.3 | 2.50 |
| Hearty Food Co Pollock Fishcakes X 4 | 340 | 128.4 | 0.4 | 15.6 | 1.80 |
| Sainsbury's Cod Fishcakes x2 | 170 | 164.9 | 0.8 | 14.9 | 1.25 |
| essential Waitrose MSC cod & parsley fish cakes | 170 | 164.9 | 1.2 | 13.0 | 1.40 |
| Morrisons Mediterranean Fish Burgers x 2 | 188 | 165.4 | 2.4 | 2.8 | 4.00 |
| Sainsbury's Pacific Salmon Fishcakes x2 | 170 | 179.4 | 1.1 | 15.0 | 1.25 |
| ASDA 4 Cod Fishcakes | 460 | 186.3 | 0.9 | 20.7 | 2.70 |
| Waitrose Vegan Fish'less'cakes X 2 | 235 | 188.0 | 1.1 | 20.3 | 2.99 |
| Waitrose Prawn & Sweet Potato Fishcakes x 2 | 290 | 197.2 | 0.3 | 24.9 | 2.99 |
| ASDA 4 Quarter Pounder Salmon Burgers | 456 | 197.2 | 0.6 | 22.8 | 3.00 |
| Morrisons 2 Cod & Chive Fish Cakes | 230 | 197.8 | 1.4 | 23.0 | 1.75 |
| Waitrose Frozen 2 Thai prawn fish cakes | 230 | 200.1 | 1.3 | 21.6 | 2.99 |
| ASDA 4 Smoked Haddock Fishcakes | 460 | 201.3 | 1.5 | 20.7 | 2.70 |
| Sainsbury's Deliciously Free From Thai-Style Haddock Fishcakes x2 | 170 | 206.6 | 1.9 | 19.7 | 2.00 |
| Tesco 2 Smoked Haddock Fishcakes | 270 | 207.9 | 0.5 | 24.2 | 1.75 |
| ASDA 4 Salmon Fishcakes | 460 | 208.2 | 1.3 | 19.6 | 2.70 |
| Tesco Finest 2 Thai Prawn Fishcakes | 290 | 210.3 | 0.6 | 21.2 | 2.65 |
| Tesco 2 Cod Fishcake With Lemon&Herb | 270 | 213.3 | 0.5 | 25.2 | 1.75 |
| Tesco Finest 2 Cod Sweet Potato And Chilli Fishcakes | 290 | 216.1 | 0.6 | 24.8 | 2.65 |
| ASDA Free From 2 Salmon & Dill Fishcakes | 180 | 217.8 | 1.8 | 16.2 | 2.20 |
| Tesco Free From Cod And Parsley Fishcake X 2 | 270 | 220.1 | 1.2 | 26.3 | 1.75 |
| The Saucy Fish Co. Smoked Haddock Fishcakes x2 | 270 | 220.1 | 2.2 | 24.3 | 2.25 |
| Waitrose Frozen salmon & dill fish cakes x 2 | 230 | 222.0 | 1.4 | 16.0 | 2.99 |
| Morrisons The Best Naked Smoked Haddock & Applewood Cheddar Fishcakes 2 | 290 | 224.8 | 3.2 | 16.5 | 2.60 |
| essential Waitrose Cod Fishcakes x 2 | 270 | 228.2 | 2.2 | 23.1 | 1.75 |
| Birds Eye 2 Cod Fish Fillet Burgers | 227 | 231.5 | 0.7 | 23.8 | 2.00 |
| ASDA Extra Special 2 Cod & Prawn Red Thai Fishcakes | 290 | 234.9 | 1.0 | 26.1 | 1.97 |
| Waitrose Easy To Cook 2 Scottish salmon fishcakes with sweet chilli sauce | 270 | 237.6 | 1.8 | 23.1 | 4.19 |
| Waitrose Gluten Free Cod Fishcakes x 2 | 290 | 237.8 | 1.2 | 29.9 | 2.99 |
| Waitrose MSC frozen smoked haddock fish cakes x 2 | 230 | 238.1 | 1.5 | 18.5 | 2.99 |
| Tesco Meat Free 4 Fishless Fishcakes | 360 | 241.2 | 0.7 | 33.0 | 1.75 |
| Iceland Luxury Melt In Middle 2 Smoked Haddock Fish Cakes With A Cheddar With A cheddar Cheese & Parsley Sauce | 260 | 241.8 | 3.4 | 21.7 | 2.00 |
| Morrisons The Best Salmon,Smoked Cod & Haddock Fishcakes With Cheddar Sauce X2 | 290 | 242.2 | 3.5 | 18.3 | 2.60 |
| ASDA 2 Crisp Crumb Smoked Haddock Fishcakes | 270 | 243.0 | 1.5 | 25.7 | 1.39 |
| Sainsbury's Cod Fishcakes x2 | 270 | 243.0 | 2.3 | 20.8 | 1.45 |
| Sainsbury's Deliciously Free From Haddock Fishcakes X 2 | 270 | 243.0 | 1.5 | 21.3 | 2.40 |
| ASDA Extra Special 2 Melt-in-the-Middle Cod Fishcakes with Tartare Sauce | 290 | 245.1 | 2.5 | 24.7 | 2.50 |
| Tesco Finest 2 Cod And Parsley Fishcakes | 290 | 246.5 | 2.0 | 27.3 | 2.00 |
| Tesco Finest 2 Cod And Chorizo Fishcakes | 290 | 246.5 | 2.9 | 20.0 | 2.65 |
| Morrisons Fishmonger Smoked Haddock Fishcakes 2 | 270 | 247.1 | 0.7 | 23.9 | 1.30 |
| Morrisons 2 Cod Fish Cakes | 270 | 248.4 | 0.8 | 25.4 | 1.30 |
| Sainsbury's Deliciously Free From Cod & Parsley Melting Middle Fishcakes X 2 | 280 | 249.2 | 2.9 | 19.2 | 2.75 |
| Sainsbury's Fishcakes Haddock x2 | 270 | 249.8 | 1.4 | 23.2 | 1.45 |
| Gastro 2 Melting Middle Chunky Cod with A Creamy Rocket Mornay Sauce Fish Cakes | 270 | 251.1 | 3.5 | 21.5 | 2.50 |
| Iceland Luxury Melt in the Middle Cod Mornay Fish Cakes x 2 | 260 | 253.5 | 2.7 | 27.4 | 2.00 |
| ASDA 4 Crisp Crumb Cod Fishcakes | 540 | 253.8 | 1.5 | 24.3 | 2.70 |
| ASDA 2 Crisp Crumb Cod & Parsley Fishcakes | 270 | 253.8 | 1.5 | 24.3 | 1.39 |
| essential Waitrose Smoked Haddock Fishcakes x 2 | 270 | 253.8 | 2.2 | 28.9 | 1.75 |
| Sainsbury's Mediterranean Tuna Fishcakes, Taste the Difference X 2 | 300 | 259.5 | 0.8 | 27.2 | 2.50 |
| Morrisons Market St Gluten Free Cod Fishcakes X 2 | 270 | 260.6 | 1.1 | 27.1 | 1.30 |
| Waitrose Easy to Cook 2 cod fish cakes with cheddar & lemon | 315 | 261.5 | 2.0 | 25.5 | 4.19 |
| Tesco Finest 2 Smoked Haddock Fishcakes | 290 | 262.5 | 3.9 | 25.5 | 2.65 |
| Waitrose Frozen 2 cod Mornay fish cakes | 290 | 262.5 | 3.8 | 22.5 | 3.69 |
| Gastro Melting Middle 2 Chunky Smoked Haddock Fish Cakes | 270 | 263.3 | 4.1 | 19.2 | 2.50 |
| ASDA Extra Special 2 Melt-in-the-Middle Smoked Haddock Fishcakes with Rarebit | 290 | 263.9 | 4.1 | 23.2 | 2.50 |
| Waitrose Cod & Parsley Sauce Fishcakes x 2 | 290 | 265.4 | 3.5 | 24.5 | 2.99 |
| Sainsbury's Fishcakes King Prawn & Lemongrass, Taste the Difference x2 | 300 | 265.5 | 2.3 | 30.8 | 2.25 |
| The Saucy Fish Co. Salmon & Cod Fishcakes x2 | 270 | 267.3 | 2.4 | 24.3 | 2.25 |
| Morrisons The Best Saucy Smoked Haddock & Davidstow Cheddar Fishcakes x 2 | 290 | 268.3 | 3.0 | 23.3 | 2.60 |
| Morrisons The Best 2 Cod & Parsley Sauce Fish Cakes | 290 | 268.3 | 3.0 | 23.3 | 2.60 |
| ASDA Extra Special 2 Melt-in-the-Middle Salmon Fishcakes with Thai Sauce | 290 | 271.2 | 2.8 | 24.7 | 2.50 |
| Waitrose Smoked Haddock, Cheddar Fishcakes x 2 | 290 | 272.6 | 3.0 | 26.7 | 2.99 |
| ASDA 2 Crisp Crumb Salmon Fishcakes | 270 | 272.7 | 1.5 | 24.3 | 1.39 |
| Waitrose Frozen salmon & watercress fish cakes 2s | 290 | 274.1 | 3.6 | 23.2 | 3.69 |
| ASDA Extra Special 2 Smoked Haddock Fishcakes with Vintage Cheddar & Leek | 290 | 277.0 | 3.2 | 21.8 | 1.97 |
| Morrisons The Best Cod & Chorizo Chunky Fishcake x 2 | 290 | 281.3 | 3.5 | 24.7 | 2.60 |
| Sainsbury's Deliciously Free From Pacific Salmon Fishcakes X 2 | 270 | 284.9 | 2.8 | 20.9 | 2.40 |
| Sainsbury's Fishcakes Scottish Salmon x2 | 270 | 286.2 | 2.4 | 23.0 | 1.45 |
| Sainsbury's Fishcakes Melting Middle Cod & Parsley Sauce Fishcakes Taste the Difference x2 | 290 | 287.1 | 3.2 | 26.8 | 2.50 |
| Sainsbury's Taste the Difference 4 Cod & Parsley Melting Middle Fishcakes | 580 | 287.1 | 3.2 | 26.8 | 3.50 |
| ASDA Extra Special 2 Cod & Spanish Chorizo Fishcakes | 290 | 290.0 | 3.5 | 21.8 | 1.97 |
| Sainsbury's Fishcakes Melting Middle Smoked Haddock with Cheddar & Leek Taste the Difference x2 | 290 | 290.0 | 3.9 | 25.8 | 2.00 |
| Sainsbury's Taste the Difference 4 Melting Middle Smoked Haddock Fishcakes | 580 | 290.0 | 3.9 | 25.8 | 3.50 |
| Morrisons The Best Chunky Thai Salmon & Prawn Fishcakes x 2 | 290 | 295.8 | 1.5 | 30.2 | 2.60 |
| Morrisons Fishmonger Salmon Fishcakes 2 | 270 | 299.7 | 1.6 | 27.1 | 1.30 |
| ASDA Extra Special Melting Layer 2 Salmon Fishcakes with Hollandaise Sauce | 290 | 308.9 | 5.4 | 24.7 | 1.97 |
| ASDA Extra Special 2 Smoked Haddock Fishcakes with Cheddar & Mustard | 290 | 310.3 | 5.1 | 26.1 | 1.97 |
| Waitrose Salmon, Rocket & Watercress Fishcakes x 2 | 290 | 310.3 | 3.3 | 27.6 | 2.99 |
| Sainsbury's Fishcakes Salmon & Ginger, Taste the Difference x2 | 300 | 312.0 | 1.7 | 26.7 | 2.50 |
| Tesco Finest 2 Salmon Spinach And Lemon Fishcakes | 290 | 323.4 | 2.6 | 25.5 | 2.00 |
| Sainsbury's Thai Salmon Fishcakes Sweet Chilli Glaze X 2 | 307 | 333.1 | 2.1 | 23.5 | 3.25 |
| Morrisons The Best Salmon & Cod Fishcake With Sweet Chilli Sauce x 2 | 290 | 335.0 | 1.6 | 41.5 | 2.60 |
| Morrisons The Best Chunky Salmon and Spinach Fishcakes x 2 | 290 | 362.5 | 3.9 | 24.5 | 2.60 |
| Morrisons 2 Salmon & Broccoli Fish Cakes | 460 | 469.2 | 3.2 | 43.7 | 1.75 |
| Tesco Finest 2 Beer Battered Cod Fillets | 385 | 479.3 | 2.5 | 33.9 | 4.50 |

* Values shown per fish cake

| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| --- | --- | --- | --- | --- | --- |
| Slimming World Free Food 2 Thai Style Fishcakes | 280 | 85 | 0.3 | 5.2 | 2.50 |
| Waitrose Prawn & Sweet Potato Fishcakes x 2 | 290 | 136 | 0.2 | 17.2 | 2.99 |
| Tesco Finest 2 Thai Prawn Fishcakes | 290 | 145 | 0.4 | 14.6 | 2.65 |
| Tesco Finest 2 Cod Sweet Potato And Chilli Fishcakes | 290 | 149 | 0.4 | 17.1 | 2.65 |
| Hearty Food Co Pollock Fishcakes X 4 | 340 | 151 | 0.5 | 18.3 | 1.80 |
| Tesco 2 Smoked Haddock Fishcakes | 270 | 154 | 0.4 | 17.9 | 1.75 |
| Morrisons The Best Naked Smoked Haddock & Applewood Cheddar Fishcakes | 290 | 155 | 2.2 | 11.4 | 2.60 |
| Tesco 2 Cod Fishcake With Lemon&Herb | 270 | 158 | 0.4 | 18.7 | 1.75 |
| Waitrose Vegan Fish'less'cakes X 2 | 235 | 160 | 0.9 | 17.3 | 2.99 |
| ASDA Extra Special 2 Cod & Prawn Red Thai Fishcakes | 290 | 162 | 0.7 | 18 | 1.97 |
| ASDA 4 Cod Fishcakes | 460 | 162 | 0.8 | 18 | 2.70 |
| Tesco Free From Cod And Parsley Fishcake X 2 | 270 | 163 | 0.9 | 19.5 | 1.75 |
| The Saucy Fish Co. Smoked Haddock Fishcakes x2 | 270 | 163 | 1.6 | 18 | 2.25 |
| Waitrose Gluten Free Cod Fishcakes x 2 | 290 | 164 | 0.8 | 20.6 | 2.99 |
| Waitrose Easy to Cook 2 cod fish cakes with cheddar & lemon | 315 | 166 | 1.3 | 16.2 | 4.19 |
| Morrisons The Best Salmon,Smoked Cod & Haddock Fishcakes With Cheddar Sauce X2 | 290 | 167 | 2.4 | 12.6 | 2.60 |
| ASDA Extra Special 2 Melt-in-the-Middle Cod Fishcakes with Tartare Sauce | 290 | 169 | 1.7 | 17 | 2.50 |
| essential Waitrose Cod Fishcakes x 2 | 270 | 169 | 1.6 | 17.1 | 1.75 |
| Tesco Finest 2 Cod And Parsley Fishcakes | 290 | 170 | 1.4 | 18.8 | 2.00 |
| Tesco Finest 2 Cod And Chorizo Fishcakes | 290 | 170 | 2.0 | 13.8 | 2.65 |
| Morrisons 2 Cod & Chive Fish Cakes | 230 | 172 | 1.2 | 20 | 1.75 |
| ASDA 4 Quarter Pounder Salmon Burgers | 456 | 173 | 0.5 | 20 | 3.00 |
| Sainsbury's Mediterranean Tuna Fishcakes, Taste the Difference X 2 | 300 | 173 | 0.5 | 18.1 | 2.50 |
| Waitrose Frozen 2 Thai prawn fish cakes | 230 | 174 | 1.1 | 18.8 | 2.99 |
| ASDA 4 Smoked Haddock Fishcakes | 460 | 175 | 1.3 | 18 | 2.70 |
| Morrisons Mediterranean Fish Burgers x 2 | 188 | 176 | 2.6 | 3.0 | 4.00 |
| Waitrose Easy To Cook 2 Scottish salmon fishcakes with sweet chilli sauce | 270 | 176 | 1.3 | 17.1 | 4.19 |
| ASDA 8 Breaded Cod Fishcakes | 400 | 177 | 1.3 | 18 | 1.80 |
| Sainsbury's Fishcakes King Prawn & Lemongrass, Taste the Difference x2 | 300 | 177 | 1.5 | 20.5 | 2.25 |
| Sainsbury's Deliciously Free From Cod & Parsley Melting Middle Fishcakes X 2 | 280 | 178 | 2.1 | 13.7 | 2.75 |
| ASDA 2 Crisp Crumb Smoked Haddock Fishcakes | 270 | 180 | 1.1 | 19 | 1.39 |
| Sainsbury's Cod Fishcakes x2 | 270 | 180 | 1.7 | 15.4 | 1.45 |
| Sainsbury's Deliciously Free From Haddock Fishcakes X 2 | 270 | 180 | 1.1 | 15.8 | 2.40 |
| ASDA 4 Salmon Fishcakes | 460 | 181 | 1.1 | 17 | 2.70 |
| Tesco Finest 2 Smoked Haddock Fishcakes | 290 | 181 | 2.7 | 17.6 | 2.65 |
| Hearty Food Co 10 Cod Fishcakes | 500 | 181 | 1.2 | 20.3 | 1.25 |
| Waitrose Frozen 2 cod Mornay fish cakes | 290 | 181 | 2.6 | 15.5 | 3.69 |
| ASDA Extra Special 2 Melt-in-the-Middle Smoked Haddock Fishcakes with Rarebit | 290 | 182 | 2.8 | 16 | 2.50 |
| Birds Eye 4 Breaded Cod Cakes | 198 | 182 | 0.6 | 15 | 1.10 |
| Birds Eye Cod Fish Cakes 4 Pack  | 198 | 182 | 0.6 | 15 | 1.10 |
| Morrisons Fishmonger Smoked Haddock Fishcakes 2 | 270 | 183 | 0.5 | 17.7 | 1.30 |
| Waitrose Cod & Parsley Sauce Fishcakes x 2 | 290 | 183 | 2.4 | 16.9 | 2.99 |
| Morrisons 2 Cod Fish Cakes | 270 | 184 | 0.6 | 18.8 | 1.30 |
| Morrisons The Best Saucy Smoked Haddock & Davidstow Cheddar Fishcakes x 2 | 290 | 185 | 2.1 | 16.1 | 2.60 |
| Morrisons The Best 2 Cod & Parsley Sauce Fish Cakes | 290 | 185 | 2.1 | 16.1 | 2.60 |
| Morrisons 8 Cod Fish Cakes | 400 | 185 | 1.3 | 19.7 | 1.20 |
| Sainsbury's Fishcakes Haddock x2 | 270 | 185 | 1.0 | 17.2 | 1.45 |
| Gastro 2 Melting Middle Chunky Cod with A Creamy Rocket Mornay Sauce Fish Cakes | 270 | 186 | 2.6 | 15.9 | 2.50 |
| Iceland Luxury Melt In Middle 2 Smoked Haddock Fish Cakes With A Cheddar With A cheddar Cheese & Parsley Sauce | 260 | 186 | 2.6 | 16.7 | 2.00 |
| ASDA Extra Special 2 Melt-in-the-Middle Salmon Fishcakes with Thai Sauce | 290 | 187 | 1.9 | 17 | 2.50 |
| ASDA 4 Crisp Crumb Cod Fishcakes | 540 | 188 | 1.1 | 18 | 2.70 |
| ASDA 2 Crisp Crumb Cod & Parsley Fishcakes | 270 | 188 | 1.1 | 18 | 1.39 |
| Waitrose Smoked Haddock, Cheddar Fishcakes x 2 | 290 | 188 | 2.1 | 18.4 | 2.99 |
| essential Waitrose Smoked Haddock Fishcakes x 2 | 270 | 188 | 1.6 | 21.4 | 1.75 |
| Waitrose Frozen salmon & watercress fish cakes 2s | 290 | 189 | 2.5 | 16 | 3.69 |
| ASDA Extra Special 2 Smoked Haddock Fishcakes with Vintage Cheddar & Leek | 290 | 191 | 2.2 | 15 | 1.97 |
| Young's Omega 3 12 Fish Cakes | 600 | 192 | 1.6 | 18.9 | 2.00 |
| Morrisons Market St Gluten Free Cod Fishcakes X 2 | 270 | 193 | 0.8 | 20.1 | 1.30 |
| Waitrose Frozen salmon & dill fish cakes x 2 | 230 | 193 | 1.2 | 13.9 | 2.99 |
| Morrisons The Best Cod & Chorizo Chunky Fishcake x 2 | 290 | 194 | 2.4 | 17 | 2.60 |
| Sainsbury's Cod Fishcakes x2 | 170 | 194 | 0.9 | 17.5 | 1.25 |
| essential Waitrose MSC cod & parsley fish cakes | 170 | 194 | 1.4 | 15.3 | 1.40 |
| Gastro Melting Middle 2 Chunky Smoked Haddock Fish Cakes | 270 | 195 | 3.0 | 14.2 | 2.50 |
| Iceland Luxury Melt in the Middle Cod Mornay Fish Cakes x 2 | 260 | 195 | 2.1 | 21.1 | 2.00 |
| Young's Gastro 8 Mini Fishcakes Spicy Salmon & Black Bean with a Chipotle Chilli Salsa Dip | 280 | 198 | 0.9 | 18.2 | 3.50 |
| Sainsbury's Fishcakes Melting Middle Cod & Parsley Sauce Fishcakes Taste the Difference x2 | 290 | 198 | 2.2 | 18.5 | 2.50 |
| The Saucy Fish Co. Salmon & Cod Fishcakes x2 | 270 | 198 | 1.8 | 18 | 2.25 |
| Sainsbury's Taste the Difference 4 Cod & Parsley Melting Middle Fishcakes | 580 | 198 | 2.2 | 18.5 | 3.50 |
| ASDA Extra Special 2 Cod & Spanish Chorizo Fishcakes | 290 | 200 | 2.4 | 15 | 1.97 |
| Sainsbury's Fishcakes Melting Middle Smoked Haddock with Cheddar & Leek Taste the Difference x2 | 290 | 200 | 2.7 | 17.8 | 2.00 |
| Sainsbury's Taste the Difference 4 Melting Middle Smoked Haddock Fishcakes | 580 | 200 | 2.7 | 17.8 | 3.50 |
| ASDA 2 Crisp Crumb Salmon Fishcakes | 270 | 202 | 1.1 | 18 | 1.39 |
| Morrisons The Best Chunky Thai Salmon & Prawn Fishcakes x 2 | 290 | 204 | 1 | 20.8 | 2.60 |
| Morrisons 2 Salmon & Broccoli Fish Cakes | 460 | 204 | 1.4 | 19 | 1.75 |
| Birds Eye 2 Cod Fish Fillet Burgers | 227 | 204 | 0.6 | 21 | 2.00 |
| Waitrose MSC frozen smoked haddock fish cakes x 2 | 230 | 207 | 1.3 | 16.1 | 2.99 |
| Youngs Flipper Dippers 10 Pack | 250 | 208 | 1.4 | 24.2 | 1.49 |
| Sainsbury's Fishcakes Salmon & Ginger, Taste the Difference x2 | 300 | 208 | 1.1 | 17.8 | 2.50 |
| Sainsbury's Pacific Salmon Fishcakes x2 | 170 | 211 | 1.3 | 17.7 | 1.25 |
| Sainsbury's Deliciously Free From Pacific Salmon Fishcakes X 2 | 270 | 211 | 2.1 | 15.5 | 2.40 |
| Sainsbury's Fishcakes Scottish Salmon x2 | 270 | 212 | 1.8 | 17 | 1.45 |
| ASDA Extra Special Melting Layer 2 Salmon Fishcakes with Hollandaise Sauce | 290 | 213 | 3.7 | 17 | 1.97 |
| ASDA Extra Special 2 Smoked Haddock Fishcakes with Cheddar & Mustard | 290 | 214 | 3.5 | 18 | 1.97 |
| Waitrose Salmon, Rocket & Watercress Fishcakes x 2 | 290 | 214 | 2.3 | 19 | 2.99 |
| Sainsbury's Thai Salmon Fishcakes Sweet Chilli Glaze X 2 | 307 | 217 | 1.4 | 15.3 | 3.25 |
| Morrisons Fishmonger Salmon Fishcakes 2 | 270 | 222 | 1.2 | 20.1 | 1.30 |
| Tesco Finest 2 Salmon Spinach And Lemon Fishcakes | 290 | 223 | 1.8 | 17.6 | 2.00 |
| Gastro 8 Mini Fishcakes Smoked Haddock Arancini Style | 280 | 226 | 2.3 | 18.2 | 3.50 |
| ASDA 8 Battered Cod Fishcakes | 360 | 228 | 2.1 | 18 | 1.80 |
| Morrisons The Best Salmon & Cod Fishcake With Sweet Chilli Sauce x 2 | 290 | 231 | 1.1 | 28.6 | 2.60 |
| Iceland 10 Breaded Cod Fishcakes | 420 | 238 | 0.9 | 23.1 | 1.00 |
| ASDA Free From 2 Salmon & Dill Fishcakes | 180 | 242 | 2.0 | 18 | 2.20 |
| Sainsbury's Deliciously Free From Thai-Style Haddock Fishcakes x2 | 170 | 243 | 2.2 | 23.2 | 2.00 |
| Tesco Finest 2 Beer Battered Cod Fillets | 385 | 249 | 1.3 | 17.6 | 4.50 |
| Morrisons The Best Chunky Salmon and Spinach Fishcakes x 2 | 290 | 250 | 2.7 | 16.9 | 2.60 |
| Tesco Meat Free 4 Fishless Fishcakes | 360 | 268 | 0.8 | 36.7 | 1.75 |

* Values shown per 100 grams

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*