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| Food: | Breaded Cod Fillet |

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| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Sainsbury's Breaded Chunky Cod Fillets, Be Good To Yourself x4 | 500 | 195.0 | 0.3 | 20.5 | 3.00 |
| Morrisons 4 Chunky Breaded Cod Fillets | 500 | 208.8 | 0.6 | 18.0 | 3.60 |
| Iceland 6 Breaded Cod Fillets | 750 | 221.3 | 1.0 | 20.8 | 4.00 |
| ASDA 4 Breaded Cod Fillets | 500 | 225.0 | 0.8 | 21.3 | 2.98 |
| Young's Lightly Breaded 2 Chunky Cod Fillets | 250 | 225.0 | 1.3 | 17.8 | 2.50 |
| Birds Eye 4 Breaded Cod Large Fillets | 440 | 232.1 | 0.7 | 24.2 | 3.75 |
| Tesco 4 Breaded Chunky Prime Cod Fillets | 500 | 245.0 | 0.8 | 22.1 | 3.25 |
| Waitrose 4 MSC line caught prime cod fillet in breadcrumbs | 500 | 247.5 | 0.8 | 20.1 | 7.49 |
| Youngs Simply Breaded 4 Large Cod Fillets | 440 | 255.2 | 2.5 | 15.4 | 4.50 |
| Young's 4 Large Breaded Cod Fillets | 480 | 261.6 | 2.2 | 22.6 | 3.50 |
| Waitrose Frozen 2 breaded cod fillets | 300 | 273.0 | 1.1 | 22.1 | 3.25 |
| ASDA 2 Crisp Crumb Chunky Cod Fillets | 350 | 276.5 | 0.9 | 17.5 | 3.20 |
| Tesco 2 Breaded Chunky Cod Fillets | 350 | 278.3 | 0.7 | 22.2 | 3.20 |
| Tesco 4 Breaded Cod Fillets | 500 | 278.8 | 0.9 | 27.4 | 2.75 |
| Sainsbury's Breaded Cod Fillets x2 | 300 | 286.5 | 1.1 | 27.5 | 3.00 |
| Morrisons Market St Breaded Cod Fillets x 2 | 285 | 306.4 | 1.1 | 26.4 | 2.50 |
| ASDA 2 Crisp Crumb Cod Fillets | 284 | 308.1 | 1.1 | 29.8 | 1.98 |
| Morrisons The Best Chunky Breaded Cod Fillets x 2 | 350 | 329.0 | 0.7 | 29.9 | 3.50 |

* Values shown per fillet

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Sainsbury's Breaded Chunky Cod Fillets, Be Good To Yourself x4 | 500 | 156 | 0.2 | 16.4 | 3.00 |
| ASDA 2 Crisp Crumb Chunky Cod Fillets | 350 | 158 | 0.5 | 10 | 3.20 |
| Tesco 2 Breaded Chunky Cod Fillets | 350 | 159 | 0.4 | 12.7 | 3.20 |
| Morrisons 4 Chunky Breaded Cod Fillets | 500 | 167 | 0.5 | 14.4 | 3.60 |
| Iceland 6 Breaded Cod Fillets | 750 | 177 | 0.8 | 16.6 | 4.00 |
| ASDA 4 Breaded Cod Fillets | 500 | 180 | 0.6 | 17 | 2.98 |
| Young's Lightly Breaded 2 Chunky Cod Fillets | 250 | 180 | 1.0 | 14.2 | 2.50 |
| Waitrose Frozen 2 breaded cod fillets | 300 | 182 | 0.7 | 14.7 | 3.25 |
| Morrisons The Best Chunky Breaded Cod Fillets x 2 | 350 | 188 | 0.4 | 17.1 | 3.50 |
| Sainsbury's Breaded Cod Fillets x2 | 300 | 191 | 0.7 | 18.3 | 3.00 |
| Tesco 4 Breaded Chunky Prime Cod Fillets | 500 | 196 | 0.6 | 17.7 | 3.25 |
| Waitrose 4 MSC line caught prime cod fillet in breadcrumbs | 500 | 198 | 0.6 | 16.1 | 7.49 |
| Birds Eye 4 Breaded Cod Large Fillets | 440 | 211 | 0.6 | 22 | 3.75 |
| Morrisons Market St Breaded Cod Fillets x 2 | 285 | 215 | 0.8 | 18.5 | 2.50 |
| ASDA 2 Crisp Crumb Cod Fillets | 284 | 217 | 0.8 | 21 | 1.98 |
| Young's 4 Large Breaded Cod Fillets | 480 | 218 | 1.8 | 18.8 | 3.50 |
| Tesco 4 Breaded Cod Fillets | 500 | 223 | 0.7 | 21.9 | 2.75 |
| Youngs Simply Breaded 4 Large Cod Fillets | 440 | 232 | 2.3 | 14 | 4.50 |

* 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*