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| Food: | Breaded Haddock Fillet |

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| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| ASDA 4 Breaded Haddock Fillets | 500 | 216.3 | 0.6 | 22.5 | 3.20 |
| Morrisons 4 Chunky Breaded Haddock Fillets | 500 | 218.8 | 0.8 | 16.0 | 3.60 |
| Waitrose MSC line caught prime haddock fillet in breadcrumbs x 4 | 500 | 228.8 | 1.0 | 15.5 | 7.74 |
| Birds Eye 4 Breaded Haddock Large Fillets | 440 | 236.5 | 0.7 | 24.2 | 3.75 |
| Young's 4 Large Breaded Haddock Fillets | 480 | 244.8 | 1.9 | 21.1 | 3.50 |
| Tesco 4 Breaded Chunky Prime Haddock Fillets | 500 | 253.8 | 1.6 | 24.5 | 3.25 |
| Waitrose Frozen 2 breaded haddock fillets | 300 | 262.5 | 0.8 | 21.5 | 3.25 |
| Young's Chip Shop 4 Large Battered Haddock Fillets | 480 | 262.8 | 2.5 | 17.6 | 4.00 |
| Sainsbury's Breaded Haddock Fillets x2 | 300 | 285.0 | 0.9 | 29.7 | 3.25 |
| Morrisons The Best 2 Chunky Breaded Haddock Fillets | 325 | 297.4 | 0.8 | 26.7 | 3.50 |
| ASDA 2 Crisp Crumb Haddock Fillets | 284 | 301.0 | 1.1 | 28.4 | 1.98 |
| Tesco 4 Breaded Haddock Fillets | 500 | 307.5 | 1.0 | 31.1 | 2.75 |
| Tesco 2 Breaded Chunky Haddock Fillets | 350 | 334.3 | 0.9 | 27.7 | 3.20 |

* 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) |
| ASDA 4 Breaded Haddock Fillets | 500 | 173 | 0.5 | 18 | 3.20 |
| Morrisons 4 Chunky Breaded Haddock Fillets | 500 | 175 | 0.6 | 12.8 | 3.60 |
| Waitrose Frozen 2 breaded haddock fillets | 300 | 175 | 0.5 | 14.3 | 3.25 |
| Morrisons The Best 2 Chunky Breaded Haddock Fillets | 325 | 183 | 0.5 | 16.4 | 3.50 |
| Waitrose MSC line caught prime haddock fillet in breadcrumbs x 4 | 500 | 183 | 0.8 | 12.4 | 7.74 |
| Sainsbury's Breaded Haddock Fillets x2 | 300 | 190 | 0.6 | 19.8 | 3.25 |
| Tesco 2 Breaded Chunky Haddock Fillets | 350 | 191 | 0.5 | 15.8 | 3.20 |
| Tesco 4 Breaded Chunky Prime Haddock Fillets | 500 | 203 | 1.3 | 19.6 | 3.25 |
| Young's 4 Large Breaded Haddock Fillets | 480 | 204 | 1.6 | 17.6 | 3.50 |
| ASDA 2 Crisp Crumb Haddock Fillets | 284 | 212 | 0.8 | 20 | 1.98 |
| Birds Eye 4 Breaded Haddock Large Fillets | 440 | 215 | 0.6 | 22 | 3.75 |
| Young's Chip Shop 4 Large Battered Haddock Fillets | 480 | 219 | 2.1 | 14.7 | 4.00 |
| Tesco 4 Breaded Haddock Fillets | 500 | 246 | 0.8 | 24.9 | 2.75 |

* Values shown per 100 grams

Supermarkets Tested

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| 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*