|  |  |
| --- | --- |
| Food: | Battered Haddock Fillet |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| ASDA 4 Battered Haddock Fillets | 500 | 207.5 | 0.6 | 18.8 | 3.20 |
| essential Waitrose 2 Battered Haddock | 250 | 227.5 | 2.4 | 13.9 | 3.50 |
| Iceland Battered 6 Haddock Skinless Boneless Fillets | 750 | 238.8 | 1.0 | 22.1 | 4.00 |
| Young's Chip Shop 4 Large Haddock Fillets | 440 | 247.5 | 2.6 | 16.3 | 3.00 |
| Young's 2 Chip Shop Haddock Fillets in Our Crisp Bubbly Batter | 220 | 247.5 | 2.6 | 16.3 | 2.00 |
| Birds Eye 4 Battered Haddock Fillets | 440 | 257.4 | 1.3 | 18.7 | 4.80 |
| Sainsbury's 4 Chunky Battered Haddock | 500 | 276.3 | 1.1 | 17.4 | 3.00 |
| Waitrose Frozen 2 battered haddock fillets | 300 | 285.0 | 1.4 | 22.1 | 3.40 |
| Tesco 4 Battered Haddock Fillets | 500 | 311.3 | 1.4 | 20.3 | 3.00 |
| Young's Chip Shop 2 Extra Large Battered Haddock Fillets | 320 | 350.4 | 3.2 | 26.4 | 4.00 |
| Waitrose 2 Bubbly Beer Battered Scottish Haddock | 380 | 418.0 | 2.3 | 25.7 | 4.99 |

* Values shown per fillet

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| ASDA 4 Battered Haddock Fillets | 500 | 166 | 0.5 | 15 | 3.20 |
| essential Waitrose 2 Battered Haddock | 250 | 182 | 1.9 | 11.1 | 3.50 |
| Waitrose Frozen 2 battered haddock fillets | 300 | 190 | 0.9 | 14.7 | 3.40 |
| Iceland Battered 6 Haddock Skinless Boneless Fillets | 750 | 191 | 0.8 | 17.7 | 4.00 |
| Young's Chip Shop 2 Extra Large Battered Haddock Fillets | 320 | 219 | 2 | 16.5 | 4.00 |
| Waitrose 2 Bubbly Beer Battered Scottish Haddock | 380 | 220 | 1.2 | 13.5 | 4.99 |
| Sainsbury's 4 Chunky Battered Haddock | 500 | 221 | 0.9 | 13.9 | 3.00 |
| Young's Chip Shop 4 Large Haddock Fillets | 440 | 225 | 2.4 | 14.8 | 3.00 |
| Young's 2 Chip Shop Haddock Fillets in Our Crisp Bubbly Batter | 220 | 225 | 2.4 | 14.8 | 2.00 |
| Birds Eye 4 Battered Haddock Fillets | 440 | 234 | 1.2 | 17 | 4.80 |
| Tesco 4 Battered Haddock Fillets | 500 | 249 | 1.1 | 16.2 | 3.00 |

* 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*