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| Food: | Haddock Fillet |

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| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Tesco 4 Smoked Haddock Fillets | 360 | 52.2 | 0.3 | 0.0 | 3.30 |
| Morrisons 4 Haddock Fillets | 360 | 61.2 | 0.1 | 0.0 | 3.50 |
| Tesco 5 Haddock Fillets | 400 | 69.6 | 0.4 | 0.3 | 3.30 |
| Iceland 4 Smoked Haddock Fillets (4) | 460 | 71.3 | 0.1 | 0.0 | 4.50 |
| Iceland 4 Haddock Fillets | 400 | 75.0 | 0.1 | 0.0 | 4.50 |
| Waitrose Fresh Boneless Haddock Fillets (1) | 105 | 84.0 | 0.1 | 0.0 | 1.82 |
| Sainsbury's Smoked Haddock Fillets (4) | 400 | 86.0 | 0.1 | 0.0 | 4.50 |
| Waitrose Smoked Haddock Fillets MSC (2) | 240 | 92.4 | 0.2 | 1.2 | 4.99 |
| Sainsbury's Haddock Fillet Portion (4) | 380 | 99.8 | 0.2 | 0.0 | 3.75 |
| Counter Haddock Fillet tesco | 140 | 102.2 | 0.3 | 0.0 | 1.75 |
| Tesco Boneless Haddock Fillets (2) | 280 | 112.0 | 0.1 | 0.0 | 3.95 |
| Waitrose Frozen MSC line caught haddock fillets (4) | 425 | 113.7 | 0.1 | 1.1 | 5.99 |
| Morrisons Market St 2 Haddock Fillets | 230 | 113.9 | 0.1 | 0.6 | 4.00 |
| ASDA 2 Haddock Fillets | 240 | 115.2 | 0.1 | 1.2 | 3.95 |
| Sainsbury's Skinless & Boneless Smoked Haddock Fillets (2) | 240 | 117.6 | 0.2 | 0.0 | 4.50 |
| ASDA Smoked Haddock Fillet (1) | 105 | 117.6 | 1.2 | 1.1 | 1.95 |
| ASDA 2 Smoked Haddock Fillets | 220 | 134.2 | 0.1 | 1.1 | 3.19 |
| Sainsbury's Skinless & Boneless Haddock Fillets (2) | 260 | 150.8 | 0.4 | 0.0 | 4.25 |

* 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) |
| Tesco 4 Smoked Haddock Fillets | 360 | 58 | 0.3 | 0 | 3.30 |
| Iceland 4 Smoked Haddock Fillets (4) | 460 | 62 | 0.1 | 0 | 4.50 |
| Morrisons 4 Haddock Fillets | 360 | 68 | 0.1 | 0 | 3.50 |
| Counter Haddock Fillet tesco | 140 | 73 | 0.2 | 0 | 1.75 |
| Iceland 4 Haddock Fillets | 400 | 75 | 0.1 | 0 | 4.50 |
| Waitrose Smoked Haddock Fillets MSC (2) | 240 | 77 | 0.2 | 1.0 | 4.99 |
| Tesco Boneless Haddock Fillets (2) | 280 | 80 | 0.1 | 0 | 3.95 |
| Waitrose Fresh Boneless Haddock Fillets (1) | 105 | 80 | 0.1 | 0 | 1.82 |
| Sainsbury's Smoked Haddock Fillets (4) | 400 | 86 | 0.1 | 0 | 4.50 |
| Tesco 5 Haddock Fillets | 400 | 87 | 0.5 | 0.4 | 3.30 |
| ASDA 2 Haddock Fillets | 240 | 96 | 0.05 | 1.0 | 3.95 |
| Sainsbury's Skinless & Boneless Smoked Haddock Fillets (2) | 240 | 98 | 0.2 | 0 | 4.50 |
| Morrisons Market St 2 Haddock Fillets | 230 | 99 | 0.1 | 0.5 | 4.00 |
| Sainsbury's Haddock Fillet Portion (4) | 380 | 105 | 0.2 | 0 | 3.75 |
| Waitrose Frozen MSC line caught haddock fillets (4) | 425 | 107 | 0.1 | 1.0 | 5.99 |
| ASDA Smoked Haddock Fillet (1) | 105 | 112 | 1.1 | 1.0 | 1.95 |
| Sainsbury's Skinless & Boneless Haddock Fillets (2) | 260 | 116 | 0.3 | 0 | 4.25 |
| ASDA 2 Smoked Haddock Fillets | 220 | 122 | 0.05 | 1.0 | 3.19 |

* 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*