|  |  |
| --- | --- |
| Food: | Green (Pigeon) Peas |

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Pack  Price  (£0.00) |
| Birds Eye | 800 | 68 | 0.1 | 7.5 | 2.00 |
| Organic Fresh | 500 | 81 | 0.09 | 10.7 | 1.59 |
| Supermarket Frozen | 1000 | 83 | 0.09 | 11 | 0.99 |
| Budget Frozen | 1000 | 84 | 0.09 | 11 | 0.72 |
| Locally Grown / Market | 500 | 88 | 0.09 | 10 | 1.00 |
| Supermarket Fresh | 160 | 90 | 0.3 | 10 | 0.95 |

Per 100g Rather Than Pack

Supermarkets Tested

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ASDA | Tesco | Morrisons | Sainsburys | Waitrose | Able & Cole | ICELAND |
| YES | Similar | Similar | Similar | Similar | Similar | YES |

*N/A Indicates Either Nutrition Information Not Available on the Company’s Website or the Company Doesn’t Supply This Brand*