|  |  |
| --- | --- |
| Food: | Pork Pie |

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| Tesco Finest 6 Mini Melton Mowbray Pork Pies | 300 | 181.2 | 4.3 | 12.2 | 3.10 |
| ASDA 6 Mini Pork Pies | 300 | 203.0 | 13.5 | 5.5 | 1.65 |
| Sainsbury's Mini Melton Mowbray Pork Pies | 300 | 203.5 | 5.7 | 13.3 | 1.75 |
| ASDA 4 Snack Pork Pies | 260 | 250.9 | 7.2 | 17.6 | 1.50 |
| Pork Farms 4 Snack Pork Pies | 260 | 256.1 | 16.8 | 21.5 | 2.00 |
| Waitrose 2 Melton Mowbray | 150 | 288.0 | 7.0 | 19.5 | 1.39 |
| ASDA Smart Price 4 Large Snack Pork Pies | 440 | 374.0 | 23.1 | 31.9 | 1.20 |
| Dickinson & Morris Melton Mowbray Pork Pie | 140 | 537.6 | 13.7 | 35.1 | 1.50 |
| Tesco Counter Individual Pork Pie | 140 | 542.5 | 13.0 | 37.8 | 1.50 |
| ASDA Individual Melton Mowbray Pork Pie | 140 | 548.8 | 12.0 | 35.0 | 1.00 |
| Pork Farms Medium Pork Pie | 295 | 1109.2 | 75.2 | 79.7 | 1.85 |
| ASDA Medium Melton Mowbray Pork Pie | 295 | 1126.9 | 32.5 | 79.7 | 2.00 |
| Morrison’s Melton Mowbray Mini Pork Pies | 300 | 1140.0 | 29.1 | 82.8 | 2.00 |
| Tesco Large Melton Mowbray Pork Pie | 440 | 1490.7 | 36.7 | 97.2 | 2.50 |
| Morrison’s Large Pork Pie | 440 | 1509.2 | 43.6 | 89.3 | 2.15 |
| Waitrose Melton Mowbray large | 440 | 1548.8 | 42.2 | 78.8 | 2.70 |
| Sainsbury's Large Melton Mowbray Pork Pie | 440 | 1562.0 | 42.7 | 97.2 | 2.50 |

Above Shows Nutrition Information Per Pie

Supermarkets Tested

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| ASDA | Tesco | Morrisons | Sainsburys | Waitrose | Lidl  | Aldi | Able & Cole |
| YES | YES | YES | YES | YES | YES | n/a | N/A |

*N/A Indicates Either Nutrition Information Not Available On The Company’s Website Or The Company Doesn’t Supply This Brand*

|  |  |
| --- | --- |
| Food: | Pork Pie |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| Dickinson & Morris Melton Mowbray Pork Pie | 140 | 537.6 | 13.7 | 35.1 | 1.50 |
| Tesco Counter Individual Pork Pie | 140 | 542.5 | 13 | 37.8 | 1.50 |
| ASDA Individual Melton Mowbray Pork Pie | 140 | 548.8 | 12 | 35 | 1.00 |
| Waitrose 2 Melton Mowbray | 150 | 576 | 14 | 38.9 | 1.39 |
| ASDA 4 Snack Pork Pies | 260 | 1003.6 | 28.6 | 70.2 | 1.50 |
| Pork Farms 4 Snack Pork Pies | 260 | 1024.4 | 67.3 | 85.8 | 2.00 |
| Tesco Finest 6 Mini Melton Mowbray Pork Pies | 300 | 1086.9 | 25.6 | 73.1 | 3.10 |
| Pork Farms Medium Pork Pie | 295 | 1109.2 | 75.2 | 79.7 | 1.85 |
| ASDA Medium Melton Mowbray Pork Pie | 295 | 1126.9 | 32.5 | 79.7 | 2.00 |
| Morrison’s Melton Mowbray Mini Pork Pies | 300 | 1140 | 29.1 | 82.8 | 2.00 |
| ASDA 6 Mini Pork Pies | 300 | 1218 | 81 | 33 | 1.65 |
| Sainsbury's Mini Melton Mowbray Pork Pies | 300 | 1221 | 34.2 | 79.5 | 1.75 |
| Tesco Large Melton Mowbray Pork Pie | 440 | 1490.7 | 36.7 | 97.2 | 2.50 |
| ASDA Smart Price 4 Large Snack Pork Pies | 440 | 1496 | 92.4 | 127.6 | 1.20 |
| Morrison’s Large Pork Pie | 440 | 1509.2 | 43.6 | 89.3 | 2.15 |
| Waitrose Melton Mowbray large | 440 | 1548.8 | 42.2 | 78.8 | 2.70 |
| Sainsbury's Large Melton Mowbray Pork Pie | 440 | 1562 | 42.7 | 97.2 | 2.50 |

Above Shows Nutrition Information Per Pack