|  |  |
| --- | --- |
| Food: | Cheese And Onion Pie or Bakes |

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| Morrisons 2 Cheese & Onion Bakes | 280 | 282 | 2.7 | 31.9 | 1.50 |
| ASDA 2 Cheese & Onion Bakes | 280 | 359 | 10 | 35 | 1.00 |
| Greggs 2 Cheese & Onion Bakes | 288 | 434 | 16 | 33 | 1.00 |
| Holland's 4 Cheese & Onion Pies | 740 | 443 | 9.2 | 50 | 2.00 |
| Linda McCartney Cheese Leek & Red Onion Plaits (2) | 340 | 456 | 14.8 | 38.6 | 1.83 |
| Higgidy Oak Smoked Cheddar & Onion Pie | 200 | 602 | 17 | 48.8 | 3.10 |

* Values shown is per Pie

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| Morrisons 2 Cheese & Onion Bakes | 280 | 564 | 5.4 | 63.8 | 1.50 |
| Higgidy Oak Smoked Cheddar & Onion Pie | 200 | 602 | 17 | 48.8 | 3.10 |
| ASDA 2 Cheese & Onion Bakes | 280 | 718 | 20 | 70 | 1.00 |
| Greggs 2 Cheese & Onion Bakes | 288 | 868 | 32 | 66 | 1.00 |
| Linda McCartney Cheese Leek & Red Onion Plaits (2) | 340 | 912 | 29.6 | 77.2 | 1.83 |
| Holland's 4 Cheese & Onion Pies | 740 | 1772 | 36.8 | 200 | 2.00 |

* Values shown is per Packet

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*