|  |  |
| --- | --- |
| Food: | Meat And Potato Pie (or cottage) |

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Holland's 4 Meat & Potato | Per Pie | 385 | 6.6 | 42 | 2.00 |
| Dicksons Corned Beef and Potato Family Plate Pie | ¼ Pie | 481.8 | 14.6 | 28.3 | 3.49 |
| Greggs 2 Meat and Potato Pies | Per Pie | 769.6 | 13.5 | 72.5 | 2.50 |

* Values shown is per Pie

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Greggs 2 Meat and Potato Pies | 592 | 1539.2 | 27.0 | 145.0 | 2.50 |
| Holland's 4 Meat & Potato | 4 pies | 1540 | 26.4 | 168 | 2.00 |
| Dicksons Corned Beef and Potato Family Plate Pie | 730 | 1927.2 | 58.4 | 113.2 | 3.49 |

* Values shown is per Packet

Supermarkets Tested

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| ASDA | Tesco | Morrisons | Sainsburys | Waitrose | Iceland |
| YES | YES | YES | YES | YES | n/a |

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