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| --- | --- |
| Food: | Pasties / Slices |

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| Ginsters Original Cornish Pasty (5 pack) | 227 | 114.0 | 3.2 | 9.6 | 1.50 |
| TS Foods Tony's Chippy 4 Pasties | 400 | 267.0 | 2.9 | 27.0 | 1.75 |
| Quorn 2 Pasties | 300 | 319.5 | 7.5 | 33.8 | 2.00 |
| Eastmans Chicken And Mushroom Slice | 150 | 337.5 | 9.2 | 32.3 | 0.52 |
| Ginsters 2 Westcountry Cheddar & Onion Pasties | 260 | 338.0 | 10.4 | 28.9 | 1.60 |
| Tesco 4 Cheese And Onion Pasties 520G | 520 | 351.0 | 10.9 | 28.5 | 1.75 |
| 2 Beef Pasties | 300 | 354.0 | 8.7 | 36.5 | 1.15 |
| Wicked Kitchen Curried Cauliflower Pasty | 150 | 361.5 | 9.8 | 39.3 | 1.60 |
| ASDA 5 Cornish Pasties | 675 | 363.2 | 10.3 | 29.7 | 2.27 |
| The Welsh Pantry Monster Bite Minced Beef & Vegetable Pasty | 300 | 366.0 | 12.2 | 38.4 | 1.15 |
| ASDA 2 Chicken Tikka Slices | 300 | 370.5 | 8.1 | 36.0 | 1.75 |
| Tesco 4 Cornish Pasties | 520 | 370.5 | 11.6 | 26.1 | 1.75 |
| Tesco Cornish Pasty | 130 | 370.5 | 11.6 | 26.1 | 0.75 |
| Tesco 2 Pulled Pork Slices | 300 | 372.0 | 8.9 | 38.1 | 1.75 |
| Morrisons Cornish Pasties x 4 | 520 | 373.1 | 11.7 | 25.9 | 1.75 |
| Peter's Corned Beef Pasty  | 150 | 379.5 | 11.0 | 64.8 | 0.95 |
| ASDA Smart Price Minced Beef & Vegetable Pasty | 150 | 385.5 | 10.1 | 37.5 | 0.39 |
| Dicksons Corned Beef & Potato Twin Pack Pasty | 280 | 389.2 | 10.0 | 36.1 | 1.89 |
| Peter's Chicken Pasty | 150 | 396.0 | 7.8 | 39.8 | 0.95 |
| ASDA 2 Chicken & Bacon Slices | 300 | 399.0 | 9.5 | 36.0 | 1.75 |
| ASDA Cheese & Onion Pasty | 150 | 402.0 | 10.4 | 43.5 | 0.39 |
| Morrisons Cheese & Onion Pasties x 4 | 520 | 404.3 | 13.0 | 28.6 | 1.75 |
| ASDA 2 Steak Slices | 300 | 405.0 | 10.2 | 39.0 | 1.75 |
| Ginsters Moroccan Vegetable Pasty | 180 | 408.6 | 11.0 | 42.5 | 1.50 |
| Sainsbury's Cornish Pasties x4 | 600 | 415.5 | 12.0 | 34.1 | 2.10 |
| Sainsbury's Cheese & Onion Pasty | 150 | 426.0 | 14.7 | 33.8 | 0.80 |
| Eastmans Minced Beef And Onion Pasty | 150 | 430.5 | 11.9 | 38.3 | 0.39 |
| Ginsters Chicken & Mushroom Slice | 170 | 431.8 | 12.6 | 33.8 | 1.60 |
| Tesco Counter Beef And Vegetable Pasty | 150 | 466.5 | 12.3 | 40.1 | 2.00 |
| ASDA 2 Sausage & Cheesy Bean Slices | 300 | 468.0 | 12.0 | 45.0 | 1.75 |
| Iceland 2 Beef & Vegetable Pasties | 360 | 473.4 | 13.9 | 40.3 | 1.00 |
| Ginsters Peppered Steak Slice | 170 | 474.3 | 13.6 | 34.3 | 1.60 |
| Fry’s Vegan Spicy 3 Bean Pasty | 200 | 498.0 | 12.8 | 53.4 | 1.30 |
| Peter's Traditional Pasty | 199 | 511.4 | 11.9 | 51.1 | 0.95 |
| Waitrose Cheddar hand crimped cheese onion pasty | 200 | 554.0 | 17.2 | 52.2 | 1.79 |
| Holland's Beef & Veg Pasty | 204 | 554.9 | 16.3 | 51.0 | 1.00 |
| Waitrose premium hand crimped Cornish pasty | 200 | 566.0 | 16.6 | 48.0 | 1.79 |
| Waitrose 1 Cornish Pasty | 200 | 602.0 | 16.8 | 52.0 | 2.00 |

* Values Shown Is Per Pasty

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| --- | --- | --- | --- | --- | --- |
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| Eastmans Chicken And Mushroom Slice | 150 | 337.5 | 9.2 | 32.3 | 0.52 |
| Wicked Kitchen Curried Cauliflower Pasty | 150 | 361.5 | 9.8 | 39.3 | 1.60 |
| Tesco Cornish Pasty | 130 | 370.5 | 11.6 | 26.1 | 0.75 |
| Peter's Corned Beef Pasty  | 150 | 379.5 | 11.0 | 64.8 | 0.95 |
| ASDA Smart Price Minced Beef & Vegetable Pasty | 150 | 385.5 | 10.1 | 37.5 | 0.39 |
| Peter's Chicken Pasty | 150 | 396.0 | 7.8 | 39.8 | 0.95 |
| ASDA Cheese & Onion Pasty | 150 | 402.0 | 10.4 | 43.5 | 0.39 |
| Ginsters Moroccan Vegetable Pasty | 180 | 408.6 | 11.0 | 42.5 | 1.50 |
| Sainsbury's Cheese & Onion Pasty | 150 | 426.0 | 14.7 | 33.8 | 0.80 |
| Eastmans Minced Beef And Onion Pasty | 150 | 430.5 | 11.9 | 38.3 | 0.39 |
| Ginsters Chicken & Mushroom Slice | 170 | 431.8 | 12.6 | 33.8 | 1.60 |
| Tesco Counter Beef And Vegetable Pasty | 150 | 466.5 | 12.3 | 40.1 | 2.00 |
| Ginsters Peppered Steak Slice | 170 | 474.3 | 13.6 | 34.3 | 1.60 |
| Fry’s Vegan Spicy 3 Bean Pasty | 200 | 498.0 | 12.8 | 53.4 | 1.30 |
| Peter's Traditional Pasty | 199 | 511.4 | 11.9 | 51.1 | 0.95 |
| Waitrose Cheddar hand crimped cheese onion pasty | 200 | 554.0 | 17.2 | 52.2 | 1.79 |
| Holland's Beef & Veg Pasty | 204 | 554.9 | 16.3 | 51.0 | 1.00 |
| Waitrose premium hand crimped Cornish pasty | 200 | 566.0 | 16.6 | 48.0 | 1.79 |
| Ginsters Original Cornish Pasty (5 pack) | 227 | 569.8 | 15.9 | 47.9 | 1.50 |
| Waitrose 1 Cornish Pasty | 200 | 602.0 | 16.8 | 52.0 | 2.00 |
| Quorn 2 Pasties | 300 | 639.0 | 15.0 | 67.5 | 2.00 |
| Ginsters 2 Westcountry Cheddar & Onion Pasties | 260 | 676.0 | 20.8 | 57.7 | 1.60 |
| 2 Beef Pasties | 300 | 708.0 | 17.4 | 72.9 | 1.15 |
| The Welsh Pantry Monster Bite Minced Beef & Vegetable Pasty | 300 | 732.0 | 24.3 | 76.8 | 1.15 |
| ASDA 2 Chicken Tikka Slices | 300 | 741.0 | 16.2 | 72.0 | 1.75 |
| Tesco 2 Pulled Pork Slices | 300 | 744.0 | 17.7 | 76.2 | 1.75 |
| Dicksons Corned Beef & Potato Twin Pack Pasty | 280 | 778.4 | 19.9 | 72.2 | 1.89 |
| ASDA 2 Chicken & Bacon Slices | 300 | 798.0 | 18.9 | 72.0 | 1.75 |
| ASDA 2 Steak Slices | 300 | 810.0 | 20.4 | 78.0 | 1.75 |
| ASDA 2 Sausage & Cheesy Bean Slices | 300 | 936.0 | 24.0 | 90.0 | 1.75 |
| Iceland 2 Beef & Vegetable Pasties | 360 | 946.8 | 27.7 | 80.6 | 1.00 |
| TS Foods Tony's Chippy 4 Pasties | 400 | 1068.0 | 11.6 | 108.0 | 1.75 |
| Tesco 4 Cheese And Onion Pasties 520G | 520 | 1404.0 | 43.7 | 113.9 | 1.75 |
| Tesco 4 Cornish Pasties | 520 | 1482.0 | 46.3 | 104.5 | 1.75 |
| Morrisons Cornish Pasties x 4 | 520 | 1492.4 | 46.8 | 103.5 | 1.75 |
| Morrisons Cheese & Onion Pasties x 4 | 520 | 1617.2 | 52.0 | 114.4 | 1.75 |
| Sainsbury's Cornish Pasties x4 | 600 | 1662.0 | 48.0 | 136.2 | 2.10 |
| ASDA 5 Cornish Pasties | 675 | 1815.8 | 51.3 | 148.5 | 2.27 |

* Values Shown Is Per Pack

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*