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| --- | --- |
| Food: | Steak And Kidney Pie |

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Morrisons 4 Steak & Kidney Pies | 600 | 340.5 | 7.8 | 31.5 | 2.00 |
| ASDA 4 Steak & Kidney Pies | 600 | 352.5 | 7.7 | 31.5 | 2.07 |
| Sainsbury's Steak & Kidney Puff Pastry Pie | 150 | 378.0 | 8.4 | 33.6 | 0.75 |
| Holland's 4 Steak & Kidney Pies | 600 | 403.0 | 7.4 | 40.0 | 2.00 |
| Pukka Pies Steak & Kidney Pie | 238 | 537.0 | 11.2 | 42.3 | 1.65 |
| Fray Bentos Classic Steak & Kidney Pie | 425 | 544.0 | 6.0 | 63.8 | 1.00 |
| Pieminister Kate & Sidney Pie | 270 | 545.4 | 11.6 | 58.9 | 3.70 |
| Tesco Steak And Kidney Shortcrust Pie | 200 | 546.0 | 13.4 | 47.2 | 1.50 |
| ASDA Slow Cooked Steak & Kidney Puff Pastry Pie | 200 | 556.0 | 13.8 | 44.0 | 1.28 |
| Princes Steak & Kidney Pie | 425 | 569.5 | 12.8 | 55.3 | 1.00 |

* Values shown is per Pie

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Sainsbury's Steak & Kidney Puff Pastry Pie | 150 | 378.0 | 8.4 | 33.6 | 0.75 |
| Pukka Pies Steak & Kidney Pie | 238 | 537 | 11.2 | 42.3 | 1.65 |
| Fray Bentos Classic Steak & Kidney Pie | 425 | 544.0 | 6.0 | 63.8 | 1.00 |
| Pieminister Kate & Sidney Pie | 270 | 545.4 | 11.6 | 58.9 | 3.70 |
| Tesco Steak And Kidney Shortcrust Pie | 200 | 546.0 | 13.4 | 47.2 | 1.50 |
| ASDA Slow Cooked Steak & Kidney Puff Pastry Pie | 200 | 556.0 | 13.8 | 44.0 | 1.28 |
| Princes Steak & Kidney Pie | 425 | 569.5 | 12.8 | 55.3 | 1.00 |
| Morrisons 4 Steak & Kidney Pies | 600 | 1362.0 | 31.2 | 126.0 | 2.00 |
| ASDA 4 Steak & Kidney Pies | 600 | 1410.0 | 30.6 | 126.0 | 2.07 |
| Holland's 4 Steak & Kidney Pies | 600 | 1612 | 29.6 | 160 | 2.00 |

* 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*