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| Food: | Scotch Eggs |

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| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| ASDA Savoury Egg Bites (8) | 84 | 29.8 | 0.4 | 2.6 | 0.75 |
| ASDA Sharing 18 Savoury Egg Bites | 216 | 34.1 | 0.5 | 3.0 | 1.65 |
| ASDA Sharing 18 Savoury Egg Bites | 216 | 34.1 | 0.5 | 3.0 | 1.65 |
| Sainsbury's Egg Bites, Mini x6 | 72 | 34.2 | 0.6 | 2.5 | 0.75 |
| Sainsbury's Egg Bites, Mini x18 | 216 | 34.2 | 0.6 | 2.5 | 2.00 |
| Morrisons Mini Scotch Eggs (18) | 216 | 43.7 | 0.6 | 3.3 | 1.95 |
| Sainsbury's Scotch Eggs x4 | 452 | 45.2 | 5.2 | 16.7 | 1.95 |
| Iceland 12 Mini Savoury Eggs | 216 | 49.5 | 0.9 | 3.3 | 1.00 |
| Quorn mini savoury eggs (12) | 240 | 50.0 | 0.3 | 3.6 | 2.00 |
| Tesco Mini Savoury Eggs 12 Pack | 216 | 50.9 | 0.8 | 3.5 | 1.00 |
| ASDA 12 Mini Savoury Eggs | 216 | 51.1 | 0.7 | 4.5 | 1.00 |
| Sainsbury's Egg Bites x12 | 240 | 56.4 | 1.0 | 3.9 | 1.00 |
| Sainsbury's Egg Bites x6 | 120 | 56.4 | 1.0 | 3.9 | 0.70 |
| essential Waitrose 12 picnic eggs | 240 | 56.4 | 1.0 | 3.8 | 1.35 |
| Morrisons Mini Savoury Scotch Eggs 12 Pack | 216 | 59.4 | 0.9 | 4.5 | 1.00 |
| Sainsbury's Mini Savoury Eggs, Taste the Difference x8 | 200 | 83.8 | 1.7 | 2.8 | 2.50 |
| Quorn Meat Free Picnic Eggs (3) | 180 | 150.0 | 0.8 | 10.9 | 1.50 |
| Quorn Mini Savoury Eggs (3) | 240 | 200.0 | 1.1 | 14.6 | 2.00 |
| ASDA 2 Cumberland Scotch Eggs | 226 | 241.8 | 3.8 | 17.0 | 1.00 |
| ASDA Extra Special Runny Scotch Eggs (2) | 226 | 254.3 | 4.5 | 10.2 | 2.50 |
| Waitrose 1 Soft Poached Scotch Egg | 120 | 256.8 | 3.7 | 9.0 | 2.09 |
| ASDA 4 Scotch Eggs | 452 | 266.7 | 4.6 | 18.1 | 1.65 |
| Tesco Scotch Eggs 4 Pack | 454 | 266.7 | 4.9 | 16.9 | 1.65 |
| Sainsbury's Scotch Eggs x2 | 226 | 271.2 | 5.2 | 16.7 | 1.00 |
| Sainsbury's Individual Scotch Egg (1) | 113 | 271.2 | 5.2 | 16.7 | 0.60 |
| ASDA 2 Ploughmans Scotch Eggs | 226 | 273.5 | 4.6 | 18.1 | 1.00 |
| Tesco Deli Scotch Egg (1) | 120 | 282.0 | 5.2 | 17.9 | 0.50 |
| Iceland 2 Scotch Eggs | 226 | 287.0 | 5.3 | 18.8 | 1.00 |
| Free Range Scotch Egg with Sausagemeat (1) | 140 | 299.6 | 4.3 | 10.5 | 1.19 |
| Tesco Finest 2 Scotch Eggs | 240 | 301.2 | 5.2 | 11.9 | 2.00 |
| Morrisons Scotch Eggs 4 Pack | 452 | 306.2 | 5.5 | 20.0 | 1.70 |
| Wall's Classic Scotch Eggs x2 | 226 | 310.8 | 4.0 | 14.5 | 1.10 |
| Free Range Scotch Egg with Chorizo & Red Pepper (1) | 140 | 333.2 | 6.2 | 11.8 | 1.19 |
| essential Waitrose 2 scotch eggs | 246 | 334.6 | 7.0 | 16.7 | 1.09 |
| Waitrose Succulent scotch egg (1) | 140 | 438.2 | 10.2 | 11.2 | 1.39 |
| Seasonal Scotch Egg Chorizo & Parsley (1) | 140 | 540.4 | 10.2 | 25.3 | 1.41 |
| Sainsbury's Scotch Egg, Taste the Difference (1) | 180 | 543.6 | 12.2 | 14.8 | 1.30 |

* Values shown is per Egg

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| Sainsbury's Scotch Eggs x4 | 452 | 180.8 | 20.8 | 66.9 | 1.95 |
| Sainsbury's Egg Bites, Mini x6 | 72 | 205.2 | 3.5 | 15.2 | 0.75 |
| ASDA Savoury Egg Bites (8) | 84 | 238.6 | 3.4 | 21.0 | 0.75 |
| Waitrose 1 Soft Poached Scotch Egg | 120 | 256.8 | 3.7 | 9.0 | 2.09 |
| Sainsbury's Individual Scotch Egg (1) | 113 | 271.2 | 5.2 | 16.7 | 0.60 |
| Tesco Deli Scotch Egg (1) | 120 | 282.0 | 5.2 | 17.9 | 0.50 |
| Free Range Scotch Egg with Sausagemeat (1) | 140 | 299.6 | 4.3 | 10.5 | 1.19 |
| Free Range Scotch Egg with Chorizo & Red Pepper (1) | 140 | 333.2 | 6.2 | 11.8 | 1.19 |
| Sainsbury's Egg Bites x6 | 120 | 338.4 | 5.9 | 23.2 | 0.70 |
| Waitrose Succulent scotch egg (1) | 140 | 438.2 | 10.2 | 11.2 | 1.39 |
| Quorn Meat Free Picnic Eggs (3) | 180 | 450.0 | 2.5 | 32.8 | 1.50 |
| ASDA 2 Cumberland Scotch Eggs | 226 | 483.6 | 7.7 | 33.9 | 1.00 |
| ASDA Extra Special Runny Scotch Eggs (2) | 226 | 508.5 | 9.0 | 20.3 | 2.50 |
| Seasonal Scotch Egg Chorizo & Parsley (1) | 140 | 540.4 | 10.2 | 25.3 | 1.41 |
| Sainsbury's Scotch Eggs x2 | 226 | 542.4 | 10.4 | 33.4 | 1.00 |
| Sainsbury's Scotch Egg, Taste the Difference (1) | 180 | 543.6 | 12.2 | 14.8 | 1.30 |
| ASDA 2 Ploughmans Scotch Eggs | 226 | 546.9 | 9.3 | 36.2 | 1.00 |
| Iceland 2 Scotch Eggs | 226 | 574.0 | 10.6 | 37.5 | 1.00 |
| Iceland 12 Mini Savoury Eggs | 216 | 594.0 | 11.2 | 40.2 | 1.00 |
| Quorn Mini Savoury Eggs (3) | 240 | 600.0 | 3.4 | 43.7 | 2.00 |
| Quorn mini savoury eggs (12) | 240 | 600.0 | 3.4 | 43.7 | 2.00 |
| Tesco Finest 2 Scotch Eggs | 240 | 602.4 | 10.3 | 23.8 | 2.00 |
| Tesco Mini Savoury Eggs 12 Pack | 216 | 611.3 | 9.9 | 42.1 | 1.00 |
| ASDA 12 Mini Savoury Eggs | 216 | 613.4 | 8.9 | 54.0 | 1.00 |
| ASDA Sharing 18 Savoury Egg Bites | 216 | 613.4 | 8.9 | 54.0 | 1.65 |
| ASDA Sharing 18 Savoury Egg Bites | 216 | 613.4 | 8.9 | 54.0 | 1.65 |
| Sainsbury's Egg Bites, Mini x18 | 216 | 615.6 | 10.4 | 45.6 | 2.00 |
| Wall's Classic Scotch Eggs x2 | 226 | 621.5 | 7.9 | 28.9 | 1.10 |
| essential Waitrose 2 scotch eggs | 246 | 669.1 | 14.0 | 33.5 | 1.09 |
| Sainsbury's Mini Savoury Eggs, Taste the Difference x8 | 200 | 670.0 | 13.4 | 22.2 | 2.50 |
| Sainsbury's Egg Bites x12 | 240 | 676.8 | 11.8 | 46.3 | 1.00 |
| essential Waitrose 12 picnic eggs | 240 | 676.8 | 12.0 | 46.1 | 1.35 |
| Morrisons Mini Savoury Scotch Eggs 12 Pack | 216 | 712.8 | 10.4 | 53.6 | 1.00 |
| Morrisons Mini Scotch Eggs (18) | 216 | 786.2 | 11.2 | 60.3 | 1.95 |
| ASDA 4 Scotch Eggs | 452 | 1066.7 | 18.5 | 72.3 | 1.65 |
| Tesco Scotch Eggs 4 Pack | 454 | 1066.9 | 19.5 | 67.6 | 1.65 |
| Morrisons Scotch Eggs 4 Pack | 452 | 1224.9 | 22.1 | 80.0 | 1.70 |

* Values shown is per packet

Supermarkets Tested

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| 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*