|  |  |
| --- | --- |
| Food: | Chicken Burgers |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Birds Eye 4 Chicken | 200 | 121.5 | 0.7 | 10.0 | 1.00 |
| Heck Simply Chicken x2 | 228 | 124.3 | 1.5 | 3.8 | 2.50 |
| Quorn chicken style x4 | 252 | 129.2 | 0.6 | 10.4 | 2.00 |
| Iceland 10 Breaded Chicken | 550 | 138.1 | 1.1 | 10.2 | 2.00 |
| Hearty Food Co 8 Breaded | 456 | 155.0 | 1.5 | 11.0 | 0.97 |
| Fry's Meat Free 4 Chicken Style | 320 | 157.6 | 1.2 | 9.7 | 2.95 |
| ASDA Smart Price 8 Breaded | 456 | 159.0 | 1.4 | 11.4 | 0.97 |
| ASDA 10 Breaded Golden Chicken | 570 | 164.7 | 1.1 | 10.3 | 2.08 |
| Sainsbury's Chicken Quarter x4 | 454 | 181.6 | 2.9 | 6.5 | 2.50 |
| ASDA 4 Buttermilk Chicken Breast Fillet | 400 | 195.0 | 1.3 | 11.0 | 2.50 |
| Morrisons 8 Chicken Burgers | 456 | 200.1 | 2.7 | 11.2 | 1.70 |
| Tesco 4 Southern Fried Chicken | 380 | 204.3 | 1.7 | 11.5 | 1.50 |
| Morrisons 2 Southern Fried Fillet | 250 | 261.3 | 0.9 | 18.0 | 2.50 |
| Birds Eye 2 Chicken Quarter Pounders | 227 | 303.1 | 2.2 | 20.5 | 1.00 |
| Feasters Microwave Southern Fried Chicken | 130 | 322.4 | 2.1 | 39.5 | 1.00 |
| Sainsbury's Chicken Burgers x2 | 456 | 335.2 | 3.2 | 12.6 | 2.00 |
| Speedy Snacks Chicken Burger | 142 | 353.6 | 2.3 | 43.2 | 1.00 |
| Rustlers Southern Fried Chicken Burger with Our Lightly Peppered Mayo | 145 | 410.4 | 2.3 | 39.7 | 1.00 |
| Sainsbury's Breaded British Chicken x2 | 460 | 503.7 | 2.8 | 33.4 | 2.00 |

Above Shows Nutrition Information Per Burger

Supermarkets Tested

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| ASDA | Tesco | Morrisons |  | Sainsburys | Waitrose | Able & Cole | ICELAND |
| YES | YES | YES |  | YES | YES | n/a | YES |

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

|  |  |
| --- | --- |
| Food: | Chicken Burgers |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Heck Simply Chicken x2 | 228 | 248.5 | 3.0 | 7.5 | 2.50 |
| Feasters Microwave Southern Fried Chicken | 130 | 322.4 | 2.1 | 39.5 | 1.00 |
| Speedy Snacks Chicken Burger | 142 | 353.6 | 2.3 | 43.2 | 1.00 |
| Rustlers Southern Fried Chicken Burger with Our Lightly Peppered Mayo | 145 | 410.4 | 2.3 | 39.7 | 1.00 |
| Birds Eye 4 Chicken | 200 | 486.0 | 2.8 | 40.0 | 1.00 |
| Quorn chicken style x4 | 252 | 516.6 | 2.5 | 41.6 | 2.00 |
| Morrisons 2 Southern Fried Fillet | 250 | 522.5 | 1.8 | 36.0 | 2.50 |
| Birds Eye 2 Chicken Quarter Pounders | 227 | 606.1 | 4.3 | 40.9 | 1.00 |
| Fry's Meat Free 4 Chicken Style | 320 | 630.4 | 4.8 | 38.7 | 2.95 |
| Sainsbury's Chicken Burgers x2 | 456 | 670.3 | 6.4 | 25.1 | 2.00 |
| Sainsbury's Chicken Quarter x4 | 454 | 726.4 | 11.4 | 25.9 | 2.50 |
| ASDA 4 Buttermilk Chicken Breast Fillet | 400 | 780.0 | 5.2 | 44.0 | 2.50 |
| Tesco 4 Southern Fried Chicken | 380 | 817.0 | 6.8 | 46.0 | 1.50 |
| Sainsbury's Breaded British Chicken x2 | 460 | 1007.4 | 5.5 | 66.7 | 2.00 |
| Hearty Food Co 8 Breaded | 456 | 1240.3 | 11.9 | 87.6 | 0.97 |
| ASDA Smart Price 8 Breaded | 456 | 1272.2 | 10.9 | 91.2 | 0.97 |
| Iceland 10 Breaded Chicken | 550 | 1380.5 | 10.5 | 102.3 | 2.00 |
| Morrisons 8 Chicken Burgers | 456 | 1600.6 | 21.4 | 89.8 | 1.70 |
| ASDA 10 Breaded Golden Chicken | 570 | 1647.3 | 10.8 | 102.6 | 2.08 |

Above Shows Nutrition Information Per Pack