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| --- | --- |
| Food: | Chicken Nuggets (Where number of nuggets is shown on packaging) |

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| Quorn Crispy Nuggets x 15 | 300 | 32.2 | 0.1 | 3.2 | 2.00 |
| Iceland 32 Breaded Chicken Nuggets | 448 | 35.8 | 0.2 | 25.6 | 1.50 |
| Tesco 30 Breaded Chicken Nuggets | 450 | 38.7 | 0.4 | 2.6 | 1.50 |
| ASDA 34 Battered Chicken Nuggets | 600 | 39.5 | 0.2 | 3.7 | 2.00 |
| ASDA Smart Price 20 Breaded Chicken Nugget | 320 | 42.2 | 0.3 | 3.2 | 0.89 |
| Birds Eye 24 Chicken Nuggets | 379 | 42.5 | 0.3 | 3.3 | 3.00 |
| Birds Eye 50 Chicken Nuggets with Golden Wholegrain | 790 | 42.5 | 0.3 | 3.3 | 3.75 |
| ASDA 34 Breaded Chicken Nuggets | 600 | 43.1 | 0.3 | 2.6 | 1.89 |
| Morrisons 62 Breaded Chicken Nuggets | 1000 | 43.2 | 0.4 | 3.1 | 3.15 |
| Morrisons 62 Breaded Chicken Nuggets | 1000 | 43.2 | 0.4 | 3.1 | 3.15 |
| Hearty Food Co 20 Breaded Chicken Nuggets | 320 | 44.5 | 0.4 | 3.9 | 0.89 |
| Tesco Meat Free Chicken Style Nuggets 16 Pack | 320 | 46.6 | 0.3 | 3.9 | 1.75 |
| Ella's Kitchen Big Kids Starry Chicken Nuggets X 8 | 200 | 48.0 | 0.2 | 6.0 | 3.50 |
| Tesco Free From 20 Chicken Nuggets | 400 | 50.8 | 0.5 | 3.1 | 3.50 |
| Birds Eye Gluten Free Chicken Nuggets x 22 | 455 | 52.5 | 0.3 | 4.3 | 3.75 |
| Tesco 20 Battered Chicken Dippers | 450 | 64.1 | 0.7 | 3.9 | 1.50 |
| Aishas Value Chicken Nuggets X 20 | 500 | 69.3 | 0.7 | 4.7 | 2.00 |

* Values shown per Chicken Nugget

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| Ella's Kitchen Big Kids Starry Chicken Nuggets X 8 | 200 | 384.0 | 1.6 | 48.0 | 3.50 |
| Quorn Crispy Nuggets x 15 | 300 | 483.0 | 1.5 | 47.4 | 2.00 |
| Tesco Meat Free Chicken Style Nuggets 16 Pack | 320 | 745.6 | 5.1 | 62.1 | 1.75 |
| ASDA Smart Price 20 Breaded Chicken Nugget | 320 | 844.8 | 6.4 | 64.0 | 0.89 |
| Hearty Food Co 20 Breaded Chicken Nuggets | 320 | 889.6 | 7.4 | 78.1 | 0.89 |
| Tesco Free From 20 Chicken Nuggets | 400 | 1016.0 | 10.4 | 62.0 | 3.50 |
| Birds Eye 24 Chicken Nuggets | 379 | 1019.5 | 6.8 | 79.6 | 3.00 |
| Iceland 32 Breaded Chicken Nuggets | 448 | 1146.9 | 7.2 | 819.8 | 1.50 |
| Birds Eye Gluten Free Chicken Nuggets x 22 | 455 | 1155.7 | 7.3 | 95.6 | 3.75 |
| Tesco 30 Breaded Chicken Nuggets | 450 | 1161.0 | 11.7 | 77.0 | 1.50 |
| Tesco 20 Battered Chicken Dippers | 450 | 1282.5 | 13.1 | 78.3 | 1.50 |
| ASDA 34 Battered Chicken Nuggets | 600 | 1344.0 | 7.8 | 126.0 | 2.00 |
| Aishas Value Chicken Nuggets X 20 | 500 | 1385.0 | 13.0 | 94.5 | 2.00 |
| ASDA 34 Breaded Chicken Nuggets | 600 | 1464.0 | 11.4 | 90.0 | 1.89 |
| Birds Eye 50 Chicken Nuggets with Golden Wholegrain | 790 | 2125.1 | 12.6 | 165.9 | 3.75 |
| Morrisons 62 Breaded Chicken Nuggets | 1000 | 2680.0 | 27.0 | 191.0 | 3.15 |
| Morrisons 62 Breaded Chicken Nuggets | 1000 | 2680.0 | 27.0 | 191.0 | 3.15 |

* Values shown per 100 Grams

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*