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| Food: | Liver |

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| Waitrose Duchy Organic chicken livers | 400 | 82 | 0.3 | 0.4 | 2.69 |
| Counter Pork Liver | 380 | 106 | 1.0 | 0.3 | 1.20 |
| Counter Chicken Liver | 380 | 106 | 1.0 | 0.3 | 1.20 |
| essential Waitrose British Chicken Livers | 400 | 146 | 2.1 | 0.9 | 1.15 |
| Counter Lamb Liver | 500 | 159 | 1.1 | 4 | 1.20 |
| Counter Ox Liver | 380 | 165 | 1.4 | 3.8 | 1.20 |
| Waitrose Omega 3 chicken livers | 400 | 166 | 3.4 | 1.3 | 1.28 |
| ASDA Chicken Livers | 227 | 186 | 2.9 | 0.1 | 0.90 |
| Banham Poultry Chicken Livers | 225 | 233 | 2.0 | 0.1 | 0.50 |

* 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*