|  |  |
| --- | --- |
| Food: | Beef Burgers |

| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| --- | --- | --- | --- | --- | --- |
| ASDA Meat Free 8 Beef Style Burgers | 454 | 76.6 | 0.2 | 2.6 | 1.50 |
| Tesco Meat Free Meat Style Burgers 8Pk | 454 | 90.2 | 0.5 | 4.1 | 1.75 |
| Sainsbury's Beef Burgers, Basics x8 | 397 | 117.1 | 3.2 | 5.9 | 1.35 |
| ASDA Smart Price 8 British Beef Burgers | 397 | 120.6 | 3.1 | 6.5 | 1.30 |
| ASDA 8 British Beef Burgers | 454 | 147.0 | 4.1 | 4.2 | 2.00 |
| ASDA 16 Beef Burgers | 908 | 147.0 | 4.1 | 3.2 | 3.95 |
| Tesco Beef Burgers 8 Pack | 454 | 151.0 | 4.9 | 2.6 | 2.50 |
| Haloodies Beef Burgers 2oz X 6 | 340 | 151.3 | 1.9 | 4.9 | 2.75 |
| Feasters 8 Flame Grilled Beef Burgers | 440 | 155.1 | 5.9 | 1.4 | 3.00 |
| 2 x Quorn Meat Free Classic Burger | 180 | 163.8 | 2.9 | 8.8 | 2.50 |
| ASDA Butcher's Selection 4 Sea Salt & Pepper Turkey Burgers | 454 | 166.8 | 1.6 | 3.6 | 2.70 |
| Birds Eye 4 Original Beef Burgers With Onions | 227 | 168.0 | 4.8 | 1.5 | 1.80 |
| Morrisons The Best 6Oz British Chuck Burgers x 4 | 340 | 169.2 | 4.0 | 2.0 | 3.00 |
| Tahira 12 Halal Chicken And Beef Burgers | 780 | 171.6 | 6.1 | 6.5 | 3.50 |
| ASDA 4 Quarter Pounder Beef Burgers | 264 | 174.2 | 4.9 | 5.0 | 2.00 |
| Sainsbury's Chargrill Quarter Pounders, Be Good To Yourself x4 | 454 | 185.0 | 3.0 | 5.2 | 2.00 |
| Slimming World Free Food 4 Syn-Free Beef Quarter Pounders | 454 | 188.4 | 2.6 | 7.5 | 3.50 |
| Morrisons Eat Smart 4 Beef Burgers | 454 | 191.8 | 2.5 | 2.6 | 3.47 |
| ASDA Butcher's Selection 8 Beef Burgers | 681 | 192.4 | 5.3 | 8.5 | 4.00 |
| DC Comics 4 Beef & Cheese Burgers | 340 | 198.1 | 6.0 | 3.7 | 2.50 |
| Waitrose Duchy Organic 4 British beef burgers | 340 | 198.9 | 4.9 | 2.5 | 4.25 |
| ASDA Extra Special 4 Seasoned Beef Burgers | 454 | 204.3 | 4.4 | 6.1 | 3.00 |
| ASDA Butcher's Selection 4 Reduced Fat Beef Burgers | 454 | 208.8 | 4.2 | 8.3 | 2.70 |
| Sainsbury's Reduced Fat Burgers, Butcher's Choice x4 | 454 | 210.0 | 3.7 | 1.1 | 2.50 |
| DC Comics 4 Beef, Cheese & Bacon Burgers | 340 | 212.5 | 6.7 | 3.2 | 2.50 |
| ASDA 4 Reduced Fat Quarter Pounder Beef Burgers | 454 | 214.5 | 4.2 | 7.8 | 2.35 |
| DC Comics 4 Beef Burgers | 340 | 231.2 | 7.8 | 4.8 | 2.50 |
| Tesco Finest 4 British Beef Steak Burgers | 454 | 236.1 | 5.7 | 4.4 | 3.00 |
| Iceland 4 Beef Smokehouse Quarter Pounders | 454 | 242.9 | 6.5 | 8.3 | 2.00 |
| Waitrose Reduced Fat British Beef Burger x 2 | 227 | 247.4 | 2.2 | 7.6 | 3.00 |
| Sainsbury's Premium Beef Burger, SO Organic x2 | 228 | 249.7 | 5.8 | 5.5 | 2.50 |
| Tesco Finest 4 Caramelised Onion Burger | 454 | 253.1 | 6.1 | 8.4 | 3.00 |
| essential Waitrose 4 quarter pounders 100% British beef | 454 | 255.4 | 6.5 | 0.1 | 2.79 |
| Waitrose Frozen 4 Aberdeen Angus beef quarter pounders | 454 | 255.4 | 6.5 | 0.1 | 3.59 |
| ASDA Butcher's Selection 4 Quarter Pounder Beef Burgers | 454 | 256.5 | 7.0 | 11.4 | 2.49 |
| Iceland 4 Double Cheeseburgers | 454 | 263.3 | 9.1 | 5.2 | 2.25 |
| Tariq Halal Beef Burger x 4 | 450 | 266.6 | 9.0 | 2.3 | 3.50 |
| Iceland 4 Quarter Pounders X 4 | 454 | 266.7 | 7.7 | 6.1 | 1.85 |
| ASDA Butcher's Selection 4 Red Onion & Cheese Beef Burgers | 454 | 274.7 | 8.1 | 7.2 | 2.70 |
| ASDA Extra Special 4 Caramelised Pink Onion Beef Burgers | 454 | 274.7 | 7.6 | 7.6 | 3.00 |
| Tesco 4 1/4Lb Beef Burgers | 454 | 279.2 | 8.7 | 7.0 | 2.00 |
| Iceland Luxury 4 Aberdeen Angus Quarter Pounders | 454 | 280.3 | 8.5 | 0.6 | 2,25 |
| Sainsbury's Beef Burgers, Butcher's Choice x4 | 454 | 281.5 | 8.4 | 4.2 | 2.50 |
| Morrisons 4 Beef Quarter Pounders with Cheese | 454 | 283.8 | 8.7 | 4.5 | 2.35 |
| Morrisons 4 Beef Quarter Pounders with Onions | 454 | 284.9 | 8.5 | 4.3 | 2.35 |
| Morrisons The Best Scotch Beef Quarter Pounders | 454 | 286.0 | 8.5 | 2.8 | 3.00 |
| ASDA 4 Bacon & Cheese British Beef Quarter Pounders | 454 | 287.2 | 8.5 | 7.2 | 2.00 |
| Waitrose 4 Aberdeen Angus beef quarter pounders | 454 | 297.4 | 7.8 | 4.0 | 4.30 |
| ASDA Extra Special 4 Aberdeen Angus Beef Quarter Pounders x 4 | 454 | 301.9 | 8.9 | 4.4 | 2.50 |
| ASDA 4 Indian Spiced Beef Quarter Pounders | 454 | 303.0 | 10.1 | 4.3 | 2.00 |
| Haloodies Quarter Pounder Beef Burgers X 2 | 227 | 303.0 | 9.8 | 3.9 | 1.75 |
| Sainsbury's Beef Quarter Pounders x4 | 454 | 305.3 | 9.6 | 2.7 | 2.30 |
| Waitrose 4 Applewood Beef Burgers | 454 | 305.3 | 8.2 | 4.5 | 4.00 |
| Iceland Luxury 2 Aberdeen Angus Beef Burgers | 284 | 313.8 | 9.5 | 4.8 | 2.00 |
| 2 x The Beyond Burger | 227 | 317.8 | 4.8 | 7.5 | 4.95 |
| 2 x Beyond Meat Free From Meat Burger | 227 | 317.8 | 4.8 | 7.5 | 5.50 |
| ASDA 4 Quarter Pounder Beef Burgers | 454 | 323.5 | 10.2 | 1.5 | 2.35 |
| Morrisons The Best 4 Vintage Cheddar Beef Burgers | 454 | 325.7 | 10.1 | 3.4 | 3.00 |
| J.James & Family Beef & Pork Hamburgers x4 | 454 | 334.8 | 9.5 | 4.0 | 1.90 |
| Birds Eye 4 Original Beef Quarter Pounders | 454 | 336.0 | 9.5 | 3.1 | 3.00 |
| Iceland 4 100% British Beef Quarter Pounders | 454 | 339.4 | 10.8 | 0.0 | 2.00 |
| Tesco Finest 4 British Beef Burgers | 454 | 342.8 | 12.0 | 0.6 | 3.00 |
| Tesco Finest 2 Gluten Free Beef Burgers | 340 | 353.6 | 8.5 | 6.6 | 2.50 |
| ASDA Extra Special 2 Aberdeen Angus Beef Steak Burgers | 340 | 362.1 | 8.0 | 5.4 | 3.00 |
| Birds Eye 4 Inspirations Mozzarella, Sundried Tomato & Basil Beef Quarter Pounders | 454 | 362.1 | 10.9 | 3.0 | 3.29 |
| Sainsbury's Beef Burgers With Caramelised Onion, Taste the Difference x2 | 340 | 367.2 | 8.3 | 13.3 | 2.50 |
| Tesco Finest Beef Burger 6Oz | 170 | 374.0 | 11.6 | 3.2 | 1.30 |
| ASDA Extra Special 2 Wagyu Beef Burgers | 340 | 377.4 | 8.5 | 4.3 | 4.00 |
| Feasters Microwave Cheese Burger | 147 | 379.3 | 7.5 | 33.8 | 1.00 |
| Iceland Luxury 2 Ultimate 5oz Steak Burgers | 284 | 380.6 | 11.6 | 1.6 | 2.25 |
| Morrisons The Best Steak Hache Burgers x 2 | 340 | 382.5 | 7.7 | 2.4 | 3.00 |
| Gourmet Burger Kitchen 2 British beef burgers | 342 | 384.8 | 9.7 | 0.2 | 3.00 |
| Shazan Select HMC Beef Burgers x 4 | 454 | 398.4 | 14.2 | 5.9 | 3.50 |
| Sainsbury's Beef Burgers With West Country Cheddar, Taste the Difference x2 | 340 | 402.9 | 11.7 | 4.4 | 2.50 |
| Rustlers Flame Grilled Beef Burger | 156 | 405.6 | 8.9 | 42.4 | 2.00 |
| Sainsbury's British Beef Burgers, Taste the Difference x2 | 340 | 425.0 | 13.4 | 3.1 | 2.50 |
| Waitrose 2 Highland beef burgers | 340 | 470.9 | 15.8 | 3.6 | 4.99 |
| Birds Eye Inspirations 2 5oz Beef Steak Burgers | 284 | 475.7 | 13.9 | 2.1 | 2.50 |
| 2 x Tesco Cheese Burgers In Buns | 505 | 595.9 | 10.1 | 63.6 | 3.15 |

* Values Shown Per Burger

| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| --- | --- | --- | --- | --- | --- |
| 2 x Quorn Meat Free Classic Burger | 180 | 327.6 | 5.8 | 17.6 | 2.50 |
| Tesco Finest Beef Burger 6Oz | 170 | 374.0 | 11.6 | 3.2 | 1.30 |
| Feasters Microwave Cheese Burger | 147 | 379.3 | 7.5 | 33.8 | 1.00 |
| Rustlers Flame Grilled Beef Burger | 156 | 405.6 | 8.9 | 42.4 | 2.00 |
| Waitrose Reduced Fat British Beef Burger x 2 | 227 | 494.9 | 4.3 | 15.2 | 3.00 |
| Sainsbury's Premium Beef Burger, SO Organic x2 | 228 | 499.3 | 11.6 | 10.9 | 2.50 |
| Haloodies Quarter Pounder Beef Burgers X 2 | 227 | 606.1 | 19.5 | 7.7 | 1.75 |
| ASDA Meat Free 8 Beef Style Burgers | 454 | 612.9 | 1.4 | 20.9 | 1.50 |
| Iceland Luxury 2 Aberdeen Angus Beef Burgers | 284 | 627.6 | 19.0 | 9.7 | 2.00 |
| Tesco Meat Free Meat Style Burgers 8Pk | 454 | 631.1 | 3.6 | 28.6 | 1.75 |
| 2 x The Beyond Burger | 227 | 635.6 | 9.5 | 15.0 | 4.95 |
| 2 x Beyond Meat Free From Meat Burger | 227 | 635.6 | 9.5 | 15.0 | 5.50 |
| ASDA Butcher's Selection 4 Sea Salt & Pepper Turkey Burgers | 454 | 667.4 | 6.4 | 14.5 | 2.70 |
| Birds Eye 4 Original Beef Burgers With Onions | 227 | 671.9 | 19.1 | 6.1 | 1.80 |
| Morrisons The Best 6Oz British Chuck Burgers x 4 | 340 | 676.6 | 16.0 | 8.2 | 3.00 |
| ASDA 4 Quarter Pounder Beef Burgers | 264 | 697.0 | 19.5 | 19.8 | 2.00 |
| Tesco Finest 2 Gluten Free Beef Burgers | 340 | 707.2 | 17.0 | 13.3 | 2.50 |
| ASDA Extra Special 2 Aberdeen Angus Beef Steak Burgers | 340 | 724.2 | 16.0 | 10.9 | 3.00 |
| Sainsbury's Beef Burgers With Caramelised Onion, Taste the Difference x2 | 340 | 734.4 | 16.7 | 26.5 | 2.50 |
| Sainsbury's Chargrill Quarter Pounders, Be Good To Yourself x4 | 454 | 740.0 | 11.8 | 20.9 | 2.00 |
| Slimming World Free Food 4 Syn-Free Beef Quarter Pounders | 454 | 753.6 | 10.4 | 30.0 | 3.50 |
| ASDA Extra Special 2 Wagyu Beef Burgers | 340 | 754.8 | 17.0 | 8.5 | 4.00 |
| Iceland Luxury 2 Ultimate 5oz Steak Burgers | 284 | 761.1 | 23.3 | 3.1 | 2.25 |
| Morrisons The Best Steak Hache Burgers x 2 | 340 | 765.0 | 15.3 | 4.8 | 3.00 |
| Morrisons Eat Smart 4 Beef Burgers | 454 | 767.3 | 10.0 | 10.4 | 3.47 |
| Gourmet Burger Kitchen 2 British beef burgers | 342 | 769.5 | 19.5 | 0.3 | 3.00 |
| DC Comics 4 Beef & Cheese Burgers | 340 | 792.2 | 24.1 | 14.6 | 2.50 |
| Waitrose Duchy Organic 4 British beef burgers | 340 | 795.6 | 19.7 | 9.9 | 4.25 |
| Sainsbury's Beef Burgers With West Country Cheddar, Taste the Difference x2 | 340 | 805.8 | 23.5 | 8.8 | 2.50 |
| ASDA Extra Special 4 Seasoned Beef Burgers | 454 | 817.2 | 17.7 | 24.5 | 3.00 |
| ASDA Butcher's Selection 4 Reduced Fat Beef Burgers | 454 | 835.4 | 16.8 | 33.1 | 2.70 |
| Sainsbury's Reduced Fat Burgers, Butcher's Choice x4 | 454 | 839.9 | 15.0 | 4.5 | 2.50 |
| DC Comics 4 Beef, Cheese & Bacon Burgers | 340 | 850.0 | 26.9 | 12.9 | 2.50 |
| Sainsbury's British Beef Burgers, Taste the Difference x2 | 340 | 850.0 | 26.9 | 6.1 | 2.50 |
| ASDA 4 Reduced Fat Quarter Pounder Beef Burgers | 454 | 858.1 | 16.8 | 31.3 | 2.35 |
| Haloodies Beef Burgers 2oz X 6 | 340 | 907.8 | 11.6 | 29.2 | 2.75 |
| DC Comics 4 Beef Burgers | 340 | 924.8 | 31.3 | 19.4 | 2.50 |
| Sainsbury's Beef Burgers, Basics x8 | 397 | 936.9 | 25.8 | 47.2 | 1.35 |
| Waitrose 2 Highland beef burgers | 340 | 941.8 | 31.6 | 7.1 | 4.99 |
| Tesco Finest 4 British Beef Steak Burgers | 454 | 944.3 | 22.7 | 17.7 | 3.00 |
| Birds Eye Inspirations 2 5oz Beef Steak Burgers | 284 | 951.4 | 27.8 | 4.3 | 2.50 |
| ASDA Smart Price 8 British Beef Burgers | 397 | 964.7 | 24.6 | 51.6 | 1.30 |
| Iceland 4 Beef Smokehouse Quarter Pounders | 454 | 971.6 | 25.9 | 33.1 | 2.00 |
| Tesco Finest 4 Caramelised Onion Burger | 454 | 1012.4 | 24.5 | 33.6 | 3.00 |
| essential Waitrose 4 quarter pounders 100% British beef | 454 | 1021.5 | 25.9 | 0.5 | 2.79 |
| Waitrose Frozen 4 Aberdeen Angus beef quarter pounders | 454 | 1021.5 | 25.9 | 0.5 | 3.59 |
| ASDA Butcher's Selection 4 Quarter Pounder Beef Burgers | 454 | 1026.0 | 28.1 | 45.4 | 2.49 |
| Iceland 4 Double Cheeseburgers | 454 | 1053.3 | 36.3 | 20.9 | 2.25 |
| Tariq Halal Beef Burger x 4 | 450 | 1066.5 | 36.0 | 9.0 | 3.50 |
| Iceland 4 Quarter Pounders X 4 | 454 | 1066.9 | 30.9 | 24.5 | 1.85 |
| ASDA Butcher's Selection 4 Red Onion & Cheese Beef Burgers | 454 | 1098.7 | 32.2 | 28.6 | 2.70 |
| ASDA Extra Special 4 Caramelised Pink Onion Beef Burgers | 454 | 1098.7 | 30.4 | 30.4 | 3.00 |
| Tesco 4 1/4Lb Beef Burgers | 454 | 1116.8 | 35.0 | 28.1 | 2.00 |
| Iceland Luxury 4 Aberdeen Angus Quarter Pounders | 454 | 1121.4 | 34.1 | 2.3 | 2,25 |
| Sainsbury's Beef Burgers, Butcher's Choice x4 | 454 | 1125.9 | 33.6 | 16.8 | 2.50 |
| Morrisons 4 Beef Quarter Pounders with Cheese | 454 | 1135.0 | 35.0 | 18.2 | 2.35 |
| Morrisons 4 Beef Quarter Pounders with Onions | 454 | 1139.5 | 34.1 | 17.3 | 2.35 |
| Morrisons The Best Scotch Beef Quarter Pounders | 454 | 1144.1 | 34.1 | 11.4 | 3.00 |
| ASDA 4 Bacon & Cheese British Beef Quarter Pounders | 454 | 1148.6 | 34.1 | 28.6 | 2.00 |
| ASDA 8 British Beef Burgers | 454 | 1175.9 | 33.1 | 33.6 | 2.00 |
| Waitrose 4 Aberdeen Angus beef quarter pounders | 454 | 1189.5 | 31.3 | 15.9 | 4.30 |
| 2 x Tesco Cheese Burgers In Buns | 505 | 1191.8 | 20.2 | 127.3 | 3.15 |
| ASDA Extra Special 4 Aberdeen Angus Beef Quarter Pounders x 4 | 454 | 1207.6 | 35.4 | 17.7 | 2.50 |
| Tesco Beef Burgers 8 Pack | 454 | 1207.6 | 39.5 | 20.9 | 2.50 |
| ASDA 4 Indian Spiced Beef Quarter Pounders | 454 | 1212.2 | 40.4 | 17.3 | 2.00 |
| Sainsbury's Beef Quarter Pounders x4 | 454 | 1221.3 | 38.6 | 10.9 | 2.30 |
| Waitrose 4 Applewood Beef Burgers | 454 | 1221.3 | 32.7 | 18.2 | 4.00 |
| Feasters 8 Flame Grilled Beef Burgers | 440 | 1240.8 | 47.5 | 11.4 | 3.00 |
| ASDA 4 Quarter Pounder Beef Burgers | 454 | 1293.9 | 40.9 | 5.9 | 2.35 |
| Morrisons The Best 4 Vintage Cheddar Beef Burgers | 454 | 1303.0 | 40.4 | 13.6 | 3.00 |
| J.James & Family Beef & Pork Hamburgers x4 | 454 | 1339.3 | 38.1 | 15.9 | 1.90 |
| Birds Eye 4 Original Beef Quarter Pounders | 454 | 1343.8 | 38.1 | 12.3 | 3.00 |
| Iceland 4 100% British Beef Quarter Pounders | 454 | 1357.5 | 43.1 | 0.0 | 2.00 |
| Tesco Finest 4 British Beef Burgers | 454 | 1371.1 | 48.1 | 2.3 | 3.00 |
| Birds Eye 4 Inspirations Mozzarella, Sundried Tomato & Basil Beef Quarter Pounders | 454 | 1448.3 | 43.6 | 11.8 | 3.29 |
| ASDA Butcher's Selection 8 Beef Burgers | 681 | 1539.1 | 42.2 | 68.1 | 4.00 |
| Shazan Select HMC Beef Burgers x 4 | 454 | 1593.5 | 56.8 | 23.6 | 3.50 |
| Tahira 12 Halal Chicken And Beef Burgers | 780 | 2059.2 | 73.3 | 78.0 | 3.50 |
| ASDA 16 Beef Burgers | 908 | 2351.7 | 65.4 | 50.8 | 3.95 |

* Values Shown Per Pack

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*