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| Food: | Chicken Fillet |

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| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Butchers Choice Chicken Breast Fillets | 1000 | 92 | 0.5 | 0.2 | 3.50 |
| Azeem Halal Chicken Breast Fillets | 1000 | 94 | 0.5 | 0.3 | 4.00 |
| Tesco Organic 2 Chicken Fillets | 320 | 104 | 0.3 | 0.0 | 6.92 |
| Tesco Finest 2 Cornfed Free Range Chicken Fillets | 320 | 105 | 0.2 | 1.0 | 4.39 |
| Tesco 2 British Chicken Breast Fillets | 300 | 106 | 0.3 | 0.0 | 2.50 |
| The Butcher's Market Class 'A' Chicken Breast Fillets | 500 | 106 | 0.3 | 0.0 | 2.00 |
| Valley Foods Skinless Chicken Fillets | 500 | 115 | 0.4 | 0.1 | 2.50 |
| Shazans Halal Chicken Breast Fillets | 450 | 116 | 1.1 | 0.1 | 4.00 |
| Shazan Select HMC Small Chicken Breast Fillet | 450 | 116 | 1.1 | 0.2 | 4.00 |
| Iceland Ready Cooked Sliced Chicken Breast | 500 | 120 | 0.5 | 0.8 | 3.00 |
| ASDA Cook from Frozen Chicken Breast Fillets | 1000 | 124 | 0.6 | 0.2 | 4.99 |
| Morrisons Savers Chicken Fillets | 1000 | 126 | 0.9 | 0.5 | 3.65 |
| Tesco Chicken Breast Fillet | 1000 | 128 | 0.6 | 0.4 | 5.50 |
| The Butcher's Market Chicken Breast Fillets | 1150 | 128 | 0.8 | 0.8 | 5.00 |
| Waitrose 1 Free Range 2 chicken breast fillets | 300 | 130 | 0.4 | 0.1 | 5.40 |
| Morrisons Chicken Breast Fillet | 630 | 131 | 0.6 | 0.0 | 4.00 |
| M Organic Free Range Chicken Breast Fillets | 275 | 131 | 0.2 | 0.0 | 4.68 |
| Sainsbury's Free Range Chicken Breast Fillets, SO Organic | 1000 | 131 | 0.5 | 0.1 | 20.95 |
| ASDA Butcher's Selection Chicken Breast Fillet | 300 | 132 | 0.5 | 0.1 | 1.80 |
| ASDA Butcher's Selection Chicken Breast | 650 | 132 | 0.5 | 0.1 | 3.80 |
| ASDA Butcher's Selection Chicken Breast Fillet Portions | 525 | 132 | 0.5 | 0.1 | 4.00 |
| Morrisons Chicken Fillets | 700 | 133 | 0.4 | 0.5 | 3.25 |
| Hank & Joes Chicken Fillets | 1500 | 134 | 0.9 | 0.1 | 6.00 |
| Tesco Finest British Cornfed Free Range Skin On Chicken Fillets | 340 | 136 | 1.6 | 0.0 | 4.66 |
| Sainsbury's Free Range Chicken Breast Fillets, Taste the Difference x2 | 1000 | 136 | 0.5 | 0.1 | 18.00 |
| Sainsbury's Chicken Breast Fillets | 320 | 137 | 0.5 | 0.1 | 2.40 |
| Sainsbury's British Skinless Chicken Fillets | 1000 | 137 | 0.5 | 0.2 | 5.25 |
| ASDA Butcher's Selection Chicken Breast Fillets | 1000 | 138 | 0.4 | 0.0 | 5.79 |
| Morrisons The Best Corn Fed Free Range Chicken Breast Fillets | 340 | 138 | 0.7 | 0.0 | 4.92 |
| essential Waitrose 3-5 British chicken breast fillets | 500 | 140 | 0.6 | 0.1 | 3.95 |
| essential Waitrose British chicken breast fillets | 1000 | 140 | 0.6 | 0.1 | 9.80 |
| Waitrose Omega 3 chicken breast fillets | 490 | 141 | 0.6 | 0.0 | 7.84 |
| Waitrose Duchy Organic 2 Free Range British chicken breast | 300 | 144 | 0.4 | 0.1 | 6.82 |
| ASDA Smart Price Chicken Breast Fillets | 1000 | 152 | 1.1 | 0.2 | 3.50 |
| ASDA Farm Stores Chicken Breast Fillet Portions | 620 | 159 | 1.2 | 0.1 | 3.09 |

* Values shown per 100 grams

Supermarkets Tested

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| ASDA | Tesco | Morrisons | Sainsburys | Waitrose | Iceland |
| YES | YES | YES | YES | YES | YES  WEB SITE ISSUES |

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