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| Food: | Pork Loin Steaks |

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| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Morrisons The Best Hampshire Pork Loin Medallions x 6 | 300 | 52.5 | 0.3 | 0.3 | 3.00 |
| ASDA Butchers Selection British Pork Lean Loin Medallions x 6 | 450 | 114.8 | 0.8 | 0.8 | 3.09 |
| Morrisons Market Street British Pork Loin Medallions x 4 | 380 | 139.7 | 2.2 | 0.0 | 3.25 |
| ASDA Butcher's Selection Smoked Bacon Loin Steaks x 4 | 400 | 176.0 | 2.1 | 1.0 | 2.50 |
| ASDA Butcher's Selection Unsmoked Bacon Loin Steaks | 400 | 178.0 | 2.0 | 1.0 | 2.50 |
| Iceland 6 Salt & Chilli Pork Loin Steaks | 440 | 189.2 | 4.1 | 2.3 | 2.50 |
| essential Waitrose British thin cut pork loin steaks x 6 | 450 | 202.5 | 6.0 | 0.0 | 4.00 |
| Morrisons British Pork Loin Steaks With Arrabiata Marinade x 4 | 400 | 213.0 | 3.3 | 1.4 | 4.00 |
| Waitrose Duchy Organic British free range pork loin steaks x 5 | 400 | 216.0 | 6.4 | 0.0 | 4.80 |
| Tesco Thin Cut Pork Loin Steaks 6 Pack | 600 | 225.0 | 5.9 | 0.0 | 3.50 |
| The Butcher's Market 8 Pork Loin Steaks | 1000 | 261.3 | 5.4 | 0.0 | 5.00 |
| Sainsbury's British Pork Loin Steaks x4 | 480 | 262.8 | 5.2 | 1.3 | 2.80 |
| Sainsbury's Chinese Style British Pork Loin Steaks, Summer Edition x4 | 500 | 267.5 | 4.3 | 4.0 | 4.50 |
| ASDA Butcher's Selection 4 Chinese Pork Loin Steaks | 440 | 268.4 | 5.0 | 3.7 | 3.00 |
| Morrisons British Pork Loin Steaks x 4 | 500 | 281.3 | 7.4 | 0.0 | 3.00 |
| Tesco Bbq Maple Pork Loin Steaks x 6 | 600 | 284.0 | 7.4 | 8.6 | 4.00 |
| Waitrose Easy To Cook 2 Pork loin medallions with cauliflower cheese melt & onion crumb | 300 | 289.5 | 4.2 | 16.5 | 4.19 |
| Sainsbury's Just Cook British Pork Loin Steaks With Sage & Onion Rub x2 | 250 | 293.8 | 6.4 | 3.0 | 2.75 |
| ASDA Butcher's Selection 6 Caribbean Pork Loin Steaks | 660 | 298.1 | 8.1 | 4.1 | 4.00 |
| Tesco Pork Loin Steaks 2 Pack | 270 | 303.8 | 8.0 | 0.0 | 2.00 |
| ASDA Butcher's Selection Pork Loin Steaks x 4 | 480 | 362.4 | 8.9 | 0.2 | 2.10 |
| ASDA Prime Cuts 4 Pork Loin Steaks | 600 | 373.5 | 7.7 | 4.1 | 3.30 |
| essential Waitrose British pork loin steaks x 2 | 300 | 405.0 | 12.0 | 0.0 | 1.85 |
| Tesco Finest Pork Loin Steaks x 2 | 400 | 450.0 | 11.8 | 0.0 | 3.50 |

* Values shown per Steak

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Morrisons The Best Hampshire Pork Loin Medallions x 6 | 300 | 105 | 0.6 | 0.5 | 3.00 |
| Morrisons Market Street British Pork Loin Medallions x 4 | 380 | 147 | 2.3 | 0.0 | 3.25 |
| ASDA Butchers Selection British Pork Lean Loin Medallions x 6 | 450 | 153 | 1.0 | 1.0 | 3.09 |
| ASDA Butcher's Selection Smoked Bacon Loin Steaks x 4 | 400 | 176 | 2.1 | 1.0 | 2.50 |
| ASDA Butcher's Selection Unsmoked Bacon Loin Steaks | 400 | 178 | 2.0 | 1.0 | 2.50 |
| Waitrose Easy To Cook 2 Pork loin medallions with cauliflower cheese melt & onion crumb | 300 | 193 | 2.8 | 11 | 4.19 |
| The Butcher's Market 8 Pork Loin Steaks | 1000 | 209 | 4.3 | 0.0 | 5.00 |
| Morrisons British Pork Loin Steaks With Arrabiata Marinade x 4 | 400 | 213 | 3.3 | 1.4 | 4.00 |
| Sainsbury's Chinese Style British Pork Loin Steaks, Summer Edition x4 | 500 | 214 | 3.4 | 3.2 | 4.50 |
| Sainsbury's British Pork Loin Steaks x4 | 480 | 219 | 4.3 | 1.1 | 2.80 |
| Tesco Finest Pork Loin Steaks x 2 | 400 | 225 | 5.9 | 0.0 | 3.50 |
| Tesco Thin Cut Pork Loin Steaks 6 Pack | 600 | 225 | 5.9 | 0.0 | 3.50 |
| Tesco Pork Loin Steaks 2 Pack | 270 | 225 | 5.9 | 0.0 | 2.00 |
| Morrisons British Pork Loin Steaks x 4 | 500 | 225 | 5.9 | 0.0 | 3.00 |
| Sainsbury's Just Cook British Pork Loin Steaks With Sage & Onion Rub x2 | 250 | 235 | 5.1 | 2.4 | 2.75 |
| ASDA Butcher's Selection 4 Chinese Pork Loin Steaks | 440 | 244 | 4.5 | 3.4 | 3.00 |
| ASDA Prime Cuts 4 Pork Loin Steaks | 600 | 249 | 5.1 | 2.7 | 3.30 |
| Iceland 6 Salt & Chilli Pork Loin Steaks | 440 | 258 | 5.6 | 3.2 | 2.50 |
| essential Waitrose British pork loin steaks x 2 | 300 | 270 | 8.0 | 0.0 | 1.85 |
| Waitrose Duchy Organic British free range pork loin steaks x 5 | 400 | 270 | 8.0 | 0.0 | 4.80 |
| essential Waitrose British thin cut pork loin steaks x 6 | 450 | 270 | 8.0 | 0.0 | 4.00 |
| ASDA Butcher's Selection 6 Caribbean Pork Loin Steaks | 660 | 271 | 7.4 | 3.7 | 4.00 |
| Tesco Bbq Maple Pork Loin Steaks x 6 | 600 | 284 | 7.38 | 8.63 | 4.00 |
| ASDA Butcher's Selection Pork Loin Steaks x 4 | 480 | 302 | 7.4 | 0.2 | 2.10 |

* Values shown per 100 grams

Supermarkets Tested

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| ASDA | Tesco | Morrisons | Sainsburys | Waitrose | Iceland |
| YES | n/a | YES | n/a | n/a | n/a |

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