|  |  |
| --- | --- |
| Food: | Raw whole Duck that can be roasted |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| ASDA Extra Special | 2100 | 199 | 2.4 | 0.2 | 7.00 |
| Gressingham British Whole Duck | 2000 | 238 | 4.2 | 2.9 | 10.00 |

* Values shown per 100 grams

Supermarkets Tested

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 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*