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| Food: | Chicken Chow Mein |

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| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| Tesco Chicken Chow Mein 3+ days | 400 | 260.0 | 0.8 | 32.8 | 2.50 |
| Sainsbury's Chicken Chow Mein, Be Good To Yourself | 400 | 300.0 | 0.8 | 31.2 | 3.00 |
| ASDA Takeaway Main Chicken Chow Mein | 350 | 304.5 | 1.1 | 33.6 | 1.70 |
| Tesco Slim Cook Chicken Chow Mein | 500 | 310.0 | 0.5 | 38.0 | 2.50 |
| Sainsbury's Chicken Chow Mein | 400 | 324.0 | 1.2 | 41.2 | 1.60 |
| ASDA Chinese Chicken Chow Mein | 400 | 336.0 | 1.6 | 40.0 | 1.50 |
| Morrisons Chicken Chow Mein | 400 | 344.0 | 1.2 | 44.4 | 1.65 |
| ASDA Slimzone Chicken Chow Mein | 500 | 345.0 | 1.0 | 37.0 | 2.40 |
| Tesco Chicken Chow Mein | 375 | 382.5 | 0.8 | 54.8 | 1.60 |
| Iceland Chicken Chow Mein | 375 | 401.3 | 1.1 | 50.6 | 1.59 |
| Sainsbury's Chicken Chow Mein | 450 | 418.5 | 1.8 | 41.9 | 2.75 |
| Tesco Chicken Chow Mein | 400 | 428.0 | 1.6 | 41.2 | 2.50 |
| ASDA Chicken Chow Mein | 400 | 432.0 | 1.2 | 48.0 | 2.50 |
| Waitrose chicken chow mein | 400 | 432.0 | 2.0 | 50.8 | 3.69 |
| Morrisons Oriental Chicken Chow Mein | 400 | 492.0 | 2.0 | 61.2 | 2.50 |

* Values shown per Meal

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| Tesco Slim Cook Chicken Chow Mein | 500 | 62 | 0.1 | 7.6 | 2.50 |
| Tesco Chicken Chow Mein 3+ days | 400 | 65 | 0.2 | 8.2 | 2.50 |
| ASDA Slimzone Chicken Chow Mein | 500 | 69 | 0.2 | 7.4 | 2.40 |
| Sainsbury's Chicken Chow Mein, Be Good To Yourself | 400 | 75 | 0.2 | 7.8 | 3.00 |
| Sainsbury's Chicken Chow Mein | 400 | 81 | 0.3 | 10.3 | 1.60 |
| ASDA Chinese Chicken Chow Mein | 400 | 84 | 0.4 | 10 | 1.50 |
| Morrisons Chicken Chow Mein | 400 | 86 | 0.3 | 11.1 | 1.65 |
| ASDA Takeaway Main Chicken Chow Mein | 350 | 87 | 0.3 | 9.6 | 1.70 |
| Sainsbury's Chicken Chow Mein | 450 | 93 | 0.4 | 9.3 | 2.75 |
| Tesco Chicken Chow Mein | 375 | 102 | 0.2 | 14.6 | 1.60 |
| Tesco Chicken Chow Mein | 400 | 107 | 0.4 | 10.3 | 2.50 |
| Iceland Chicken Chow Mein | 375 | 107 | 0.3 | 13.5 | 1.59 |
| ASDA Chicken Chow Mein | 400 | 108 | 0.3 | 12 | 2.50 |
| Waitrose chicken chow mein | 400 | 108 | 0.5 | 12.7 | 3.69 |
| Morrisons Oriental Chicken Chow Mein | 400 | 123 | 0.5 | 15.3 | 2.50 |

* Values shown per 100 grams

Supermarkets Tested

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| 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*