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| Food: | Chicken Dinner |

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Kershaws Homestyle Chicken Dinner | 400 | 272.0 | 0.8 | 40.4 | 1.73 |
| Tesco Chicken Low Calorie Roast Dinner | 400 | 288.0 | 0.8 | 28.8 | 2.50 |
| Morrisons Counted Chicken Dinner | 375 | 296.3 | 0.8 | 30.0 | 2.50 |
| M Counted Chicken Dinner | 350 | 329.0 | 1.8 | 28.0 | 1.75 |
| Birds Eye Traditional Chicken Dinner | 400 | 376.0 | 3.6 | 40.0 | 2.50 |
| Morrisons Chicken Dinner | 400 | 380.0 | 2.4 | 34.0 | 1.75 |
| Tesco Chicken Roast Dinner | 400 | 380.0 | 2.4 | 39.2 | 3.70 |
| Tesco Classic Chicken Dinner | 400 | 384.0 | 2.0 | 35.2 | 1.75 |
| Morrisons Roast Chicken Dinner | 400 | 396.0 | 0.8 | 50.8 | 3.00 |
| Iceland Chicken & Stuffing Roast Dinner | 450 | 436.5 | 3.2 | 37.8 | 1.59 |
| Bisto Roast Chicken Dinner | 400 | 456.0 | 3.6 | 41.2 | 2.50 |
| ASDA Roast Chicken Dinner | 400 | 468.0 | 2.8 | 44.0 | 2.50 |
| Waitrose Classic Chicken Roast Dinner | 420 | 558.6 | 4.6 | 51.7 | 4.50 |

* 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) |
| Kershaws Homestyle Chicken Dinner | 400 | 68 | 0.2 | 10.1 | 1.73 |
| Tesco Chicken Low Calorie Roast Dinner | 400 | 72 | 0.2 | 7.2 | 2.50 |
| Morrisons Counted Chicken Dinner | 375 | 79 | 0.2 | 8 | 2.50 |
| M Counted Chicken Dinner | 350 | 94 | 0.5 | 8 | 1.75 |
| Birds Eye Traditional Chicken Dinner | 400 | 94 | 0.9 | 10 | 2.50 |
| Morrisons Chicken Dinner | 400 | 95 | 0.6 | 8.5 | 1.75 |
| Tesco Chicken Roast Dinner | 400 | 95 | 0.6 | 9.8 | 3.70 |
| Tesco Classic Chicken Dinner | 400 | 96 | 0.5 | 8.8 | 1.75 |
| Iceland Chicken & Stuffing Roast Dinner | 450 | 97 | 0.7 | 8.4 | 1.59 |
| Morrisons Roast Chicken Dinner | 400 | 99 | 0.2 | 12.7 | 3.00 |
| Bisto Roast Chicken Dinner | 400 | 114 | 0.9 | 10.3 | 2.50 |
| ASDA Roast Chicken Dinner | 400 | 117 | 0.7 | 11 | 2.50 |
| Waitrose Classic Chicken Roast Dinner | 420 | 133 | 1.1 | 12.3 | 4.50 |

* Values shown per 100 grams

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*