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| Food: | Sliced Beef In Gravy |

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| Bisto Best Beef & Red Wine Rich Gravy Sauce | 150 | 76.5 | 0.3 | 9.0 | 1.49 |
| Hearty Food Co. Sliced Beef In Gravy | 210 | 117.6 | 0.2 | 8.0 | 0.65 |
| ASDA Beef in Gravy | 210 | 134.4 | 1.3 | 10.1 | 0.90 |
| Iceland Sliced Beef in Gravy | 200 | 142.0 | 1.6 | 9.8 | 1.00 |
| Morrisons Beef Slices In Gravy | 210 | 268.8 | 2.9 | 12.6 | 1.10 |
| ASDA Slow Cooked Beef Brisket in Stout Gravy | 300 | 450.0 | 6.9 | 8.1 | 3.25 |
| Tesco Beef Brisket In Gravy | 400 | 608.0 | 12.8 | 12.4 | 3.50 |

* 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) |
| Bisto Best Beef & Red Wine Rich Gravy Sauce | 150 | 51 | 0.2 | 6 | 1.49 |
| Hearty Food Co. Sliced Beef In Gravy | 210 | 56 | 0.1 | 3.8 | 0.65 |
| ASDA Beef in Gravy | 210 | 64 | 0.6 | 4.8 | 0.90 |
| Iceland Sliced Beef in Gravy | 200 | 71 | 0.8 | 4.9 | 1.00 |
| Morrisons Beef Slices In Gravy | 210 | 128 | 1.4 | 6 | 1.10 |
| ASDA Slow Cooked Beef Brisket in Stout Gravy | 300 | 150 | 2.3 | 2.7 | 3.25 |
| Tesco Beef Brisket In Gravy | 400 | 152 | 3.2 | 3.1 | 3.50 |

* 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*