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| Food: | Corn Beef Hash |

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| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| Home Made Corn Beef Hash x 4 | 400 | 332.1 | 5.0 | 25.9 | 0.95 |
| Tesco Corned Beef Hash | 450 | 513.0 | 8.6 | 63.9 | 2.50 |
| ASDA Corned Beef Hash | 450 | 522.0 | 5.0 | 54.0 | 2.20 |
| Waitrose Classic Corned Beef Hash | 400 | 536.0 | 6.8 | 55.6 | 2.75 |
| Morrisons Corned Beef Hash | 450 | 576.0 | 5.0 | 59.0 | 2.50 |
| Sainsbury's Classic Corned Beef Hash | 450 | 625.5 | 14.4 | 38.3 | 2.00 |
| Iceland Classic Corned Beef Hash | 450 | 688.5 | 11.3 | 61.2 | 2.00 |

* 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) |
| ASDA Corned Beef Hash | 450 | 116 | 1.1 | 12 | 2.20 |
| Tesco Corned Beef Hash | 450 | 114 | 1.9 | 14.2 | 2.50 |
| Morrisons Corned Beef Hash | 450 | 128 | 1.1 | 13.1 | 2.50 |
| Sainsbury's Classic Corned Beef Hash | 450 | 139 | 3.2 | 8.5 | 2.00 |
| Waitrose Classic Corned Beef Hash | 400 | 134 | 1.7 | 13.9 | 2.75 |
| Iceland Classic Corned Beef Hash | 450 | 153 | 2.5 | 13.6 | 2.00 |

* 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*