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| Food: | Readymade Meals - Fish Pie |

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| Young's Low Fat Ocean Crumble | 300 | 279.0 | 2.4 | 40.5 | 1.50 |
| Hearty Food Company Fish Pie | 400 | 324.0 | 4.8 | 43.6 | 1.50 |
| Tesco Fish Pie | 400 | 324.0 | 4.8 | 45.7 | 2.50 |
| Smart Price Fish Pie | 400 | 324.0 | 7.6 | 40.0 | 1.00 |
| Young's Fisherman's Pie | 320 | 371.2 | 4.2 | 44.2 | 1.20 |
| Young's Admiral's Pie | 320 | 371.2 | 6.7 | 43.8 | 1.50 |
| Waitrose Classic Fish Pie | 400 | 384.0 | 6.0 | 38.8 | 2.75 |
| ASDA Fish Pie | 360 | 385.2 | 5.0 | 46.8 | 0.88 |
| Young's Mariner's Pie | 320 | 422.4 | 2.9 | 52.5 | 1.50 |
| Tesco Fish Pie | 400 | 447.2 | 6.3 | 41.9 | 2.00 |
| Morrisons Fishermans Pie | 360 | 468.0 | 7.2 | 48.2 | 1.00 |
| Young'S Gastro Our Fish Pie | 400 | 472.0 | 8.0 | 41.6 | 2.20 |
| Waitrose 1 fish pie | 400 | 488.0 | 12.0 | 36.8 | 3.18 |
| ASDA Classic Fish Pie | 450 | 490.5 | 14.4 | 44.1 | 2.20 |
| Sainsbury's Fish Pie, Taste the Difference | 400 | 508.0 | 10.8 | 44.0 | 3.75 |
| Iceland Luxury Smoked Cod, Salmon & King Prawn Fish Pie | 450 | 513.0 | 13.1 | 47.7 | 2.69 |
| Charlie Bigham's Fish Pie | 340 | 527.0 | 17.7 | 32.3 | 4.75 |
| Morrisons The Best Salmon Smoked Haddock & King Prawn Fish Pie | 400 | 544.0 | 14.8 | 42.4 | 3.00 |
| ASDA Extra Special Luxury Fish Pie | 450 | 544.5 | 7.2 | 49.5 | 2.50 |
| Sainsbury's Classic Cumberland Fish Pie | 450 | 544.5 | 11.7 | 51.8 | 2.50 |
| Tesco Finest Fish Pie | 400 | 572.0 | 16.4 | 35.5 | 3.30 |
| Iceland Salmon Crumble | 450 | 625.5 | 10.4 | 54.9 | 2.00 |

* Values shown per Meal

Supermarkets Tested

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| ASDA | Tesco | Morrison’s | Sainsbury’s | Waitrose | ICELAND |
| YES | YES | YES | YES | YES | N/A |

*N/A Indicates Either Nutrition Information Not Available On The Company’s Website Or The Company Doesn’t Supply This Brand*