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| Food: | Readymade Meals - Cottage Pie |

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| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| Asda Good & Counted | 350 | 245.0 | 1.1 | 42.0 | 1.00 |
| Quorn Meat Free Cottage Pie | 300 | 246.0 | 1.2 | 39.6 | 1.70 |
| Weight Watchers From Heinz | 320 | 252.8 | 2.9 | 30.4 | 1.39 |
| Morrisons Meat Free Cottage Pie | 375 | 266.3 | 2.6 | 40.9 | 1.75 |
| Sainsbury's Cottage Pie, Basics | 300 | 282.0 | 4.2 | 36.9 | 1.00 |
| Sainsbury's Lentil Cottage Pie | 400 | 296.0 | 0.8 | 41.6 | 2.00 |
| Morrisons Lentil Cottage Pie | 400 | 296.0 | 1.6 | 40.8 | 2.50 |
| Kirstys Cottage Pie With Sweet Potato Mash | 400 | 300.0 | 2.4 | 35.6 | 3.00 |
| Slimming World Free Food Cottage Pie | 500 | 315.0 | 2.0 | 29.5 | 3.00 |
| Waitrose Frozen Vegetarian Cottage Pie | 380 | 319.2 | 4.2 | 41.0 | 2.00 |
| Asda Calorie Counted | 400 | 328.0 | 3.6 | 40.0 | 2.40 |
| Weight Watchers Hearty | 400 | 328.0 | 5.6 | 36.0 | 2.50 |
| Bisto Cottage Pie | 375 | 341.3 | 4.5 | 42.0 | 1.25 |
| Hearty Food Co. Cottage Pie | 400 | 352.0 | 5.2 | 40.8 | 1.20 |
| Smart Price Cottage Pie | 400 | 368.0 | 10.0 | 38.8 | 1.00 |
| Waitrose Lovelife Calorie Controlled Cottage Pie | 400 | 372.0 | 3.6 | 46.8 | 3.25 |
| Morrisons The Best Cottage Pie With Real Ale Gravy | 400 | 384.0 | 6.8 | 38.4 | 3.00 |
| Waitrose Vegetable & Lentil Cottage Pie | 380 | 410.4 | 1.1 | 49.4 | 2.80 |
| Sainsbury's British Classic Cottage Pie | 450 | 414.0 | 7.7 | 41.9 | 2.00 |
| Morrisons Cottage Pie | 400 | 420.0 | 8.8 | 39.2 | 1.00 |
| Asda Cottage Pie | 400 | 440.0 | 7.2 | 44.0 | 0.88 |
| Tesco Finest Cottage Pie | 400 | 456.0 | 7.6 | 48.8 | 3.30 |
| Waitrose Cottage Pie | 400 | 460.0 | 11.2 | 27.2 | 2.75 |
| Asda Classic Cottage Pie | 400 | 476.0 | 4.8 | 48.0 | 1.50 |
| Tesco Classic Kitchen Cottage Pie | 450 | 490.5 | 6.8 | 54.0 | 2.50 |
| Asda Extra Special Cottage Pie | 400 | 500.0 | 10.0 | 36.8 | 3.00 |
| Asda Cottage Pie | 450 | 504.0 | 12.6 | 45.0 | 2.40 |
| Sainsbury's Cottage Pie, Taste The Difference | 400 | 524.0 | 13.6 | 31.6 | 3.50 |
| Asda Vegetarian Carrot & Lentil | 400 | 544.0 | 8.0 | 60.0 | 1.75 |
| Charlie Bigham's Cottage Pie | 325 | 552.5 | 14.6 | 30.2 | 5.00 |
| Waitrose Cottage Pie | 400 | 580.0 | 13.2 | 41.2 | 3.18 |

* Values shown per Meal

Supermarkets Tested

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| --- | --- | --- | --- | --- | --- |
| ASDA | Tesco | Morrison’s | Sainsbury’s | Waitrose | ICELAND |
| YES | YES | YES | YES | YES | YES |