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| Food: | Readymade Meals - Omelette |

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Unearthed Spanish Omelette | 200 | 316.0 | 3.0 | 24.0 | 1.85 |
| Unearthed Spanish Spinach Omelette | 300 | 402.0 | 3.6 | 29.7 | 2.99 |
| Morrisons 2 Cheese Omelettes | 200 | 426.0 | 10.2 | 5.6 | 1.00 |
| Hearty Food Co. 2 Cheese Omelettes | 200 | 452.0 | 11.0 | 8.2 | 0.65 |
| Unearthed free range Spanish potato Omelette | 300 | 465.0 | 5.4 | 28.2 | 2.49 |
| ASDA 2 Cheese Omelettes | 200 | 562.0 | 17.4 | 7.6 | 0.88 |
| Unearthed Spanish Omelette | 500 | 710.0 | 7.5 | 47.5 | 3.59 |
| Floristan Spanish Potato Omelette | 500 | 765.0 | 8.0 | 65.0 | 2.50 |

* Values shown per Meal

Supermarkets Tested

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| ASDA | Tesco | Morrison’s | Sainsbury’s | 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*