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| Food: | Readymade Meals - Sausage & Mash |

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| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Weight Watchers Lincolnshire Sausage & Root Vegetable Mash | 380 | 292.6 | 3.0 | 32.7 | 2.50 |
| Tesco Sausage And Mash | 400 | 340.0 | 3.8 | 43.9 | 2.50 |
| Hearty Food Co Sausage And Mash | 400 | 390.4 | 3.6 | 61.9 | 1.50 |
| Morrisons Eat Smart Counted Sausage & Mash | 400 | 392.0 | 4.0 | 52.8 | 2.42 |
| Hearty Food Company Sausages And Mash | 400 | 404.0 | 4.0 | 53.6 | 1.20 |
| Smart Price Sausage, Mash & Gravy | 400 | 404.0 | 8.8 | 44.0 | 1.00 |
| Morrisons Savers Sausage & Mash | 400 | 416.0 | 6.8 | 46.0 | 1.00 |
| ASDA Traditional Sausages & Mash | 400 | 432.0 | 6.4 | 44.0 | 1.50 |
| Waitrose Classics Sausage & Mash | 430 | 481.6 | 7.3 | 50.7 | 2.75 |
| Tesco Bangers And Mash | 450 | 508.5 | 9.7 | 54.0 | 2.50 |
| ASDA Sausage & Mash | 450 | 544.5 | 10.4 | 54.0 | 2.20 |
| ASDA Extra Special Cumberland Sausage & Mash | 380 | 566.2 | 13.7 | 41.8 | 3.50 |
| The Perfect Plate Sausage & Mash Dinner | 420 | 571.2 | 13.4 | 41.2 | 2.69 |
| Iceland Meal For One Sausage & Mash | 500 | 605.0 | 11.0 | 66.0 | 1.00 |
| Iceland Classic Cumberland Sausage Ring & Mash | 450 | 607.5 | 11.7 | 55.8 | 2.00 |
| ASDA Filled Yorkshire Pudding with Sausages & Mash | 430 | 731.0 | 6.5 | 90.3 | 2.40 |
| Tesco Finest Sausage And Mash | 500 | 885.0 | 24.0 | 42.0 | 3.30 |

* Values shown per Meal

Supermarkets Tested

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| 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*