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| Food: | Readymade Meals - Shepherd’s Pie |

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Bisto Shepherd's Pie | 375 | 322.5 | 5.3 | 35.6 | 1.25 |
| Hearty Food Company Co. Shepherd’s Pie | 400 | 324.0 | 7.1 | 29.6 | 1.00 |
| Asda Shepherd's Pie | 400 | 344.0 | 6.0 | 40.0 | 0.88 |
| Tesco Shepherd's Pie | 450 | 378.0 | 4.5 | 53.1 | 2.50 |
| Sainsbury's Shepherd's Pie | 400 | 392.0 | 8.4 | 38.8 | 1.50 |
| Tesco Finest Shepherd's Pie | 400 | 436.0 | 7.7 | 48.3 | 3.30 |
| Waitrose Shepherd's Pie | 400 | 440.0 | 10.0 | 43.2 | 2.75 |
| Morrisons Shepherd's Pie | 450 | 450.0 | 9.5 | 48.2 | 2.23 |
| Morrisons Shepherd's Pie | 400 | 472.0 | 11.2 | 39.6 | 1.57 |
| Morrisons The Best Shepherd's Pie | 400 | 508.0 | 10.4 | 51.6 | 3.00 |

* 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*