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| Food: | Toad In The Hole |

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Aunt Bessie's Vegetarian Toad In The Hole | 190 | 313.5 | 1.3 | 26.6 | 1.85 |
| Aunt Bessie's Toad In The Hole | 190 | 345.8 | 4.6 | 30.4 | 1.00 |
| Quorn Meat Free | 200 | 384.0 | 1.6 | 39.4 | 1.70 |
| Morrisons Toad In The Hole 3 | 300 | 489.0 | 4.5 | 60.9 | 1.00 |
| Iceland Toad in the Hole | 300 | 513.0 | 6.0 | 55.8 | 1.00 |
| ASDA Toad in the Hole | 300 | 552.0 | 7.2 | 57.0 | 0.90 |
| Bisto Toad In The Hole | 300 | 603.0 | 6.6 | 69.6 | 1.00 |
| Hearty Food Co. Toad In The Hole | 300 | 624.0 | 7.2 | 69.9 | 0.65 |
| Tesco Toad In The Hole | 340 | 911.2 | 19.7 | 64.6 | 2.50 |
| ASDA Toad in the Hole | 340 | 924.8 | 18.7 | 64.6 | 2.30 |
| The Real Yorkshire Pudding Co. Toad in the Hole | 350 | 1032.5 | 23.1 | 80.5 | 2.50 |

* Values shown per Meal

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Morrisons Toad In The Hole 3 | 300 | 163 | 1.5 | 20.3 | 1.00 |
| Aunt Bessie's Vegetarian Toad In The Hole | 190 | 165 | 0.7 | 14 | 1.85 |
| Iceland Toad in the Hole | 300 | 171 | 2 | 18.6 | 1.00 |
| Aunt Bessie's Toad In The Hole | 190 | 182 | 2.4 | 16 | 1.00 |
| ASDA Toad in the Hole | 300 | 184 | 2.4 | 19 | 0.90 |
| Quorn Meat Free | 200 | 192 | 0.8 | 19.7 | 1.70 |
| Bisto Toad In The Hole | 300 | 201 | 2.2 | 23.2 | 1.00 |
| Hearty Food Co. Toad In The Hole | 300 | 208 | 2.4 | 23.3 | 0.65 |
| Tesco Toad In The Hole | 340 | 268 | 5.8 | 19 | 2.50 |
| ASDA Toad in the Hole | 340 | 272 | 5.5 | 19 | 2.30 |
| The Real Yorkshire Pudding Co. Toad in the Hole | 350 | 295 | 6.6 | 23 | 2.50 |

* Values shown per 100 grams

Supermarkets Tested

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| ASDA | Tesco | Morrisons | Sainsburys | 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*