



# Meat Alternatives Survey 2018

## Notes:

Data per 100g and per portion was collected using Action on Salt food and drink database, online and in store from the w/c 03/09/2018. Data correct as of October 2018. See Action on Salt website for further information.  
 Data sorted from highest to lowest for salt per 100g  
 Colour coding according to DH Front of Pack Guidance: Green ≤0.3/100g, Amber >0.3 - <1.5g, Red >1.5g/100g, >1.8g/portion for salt  
 Colour coding according to DH Front of Pack Guidance: Green ≤3.0/100g, Amber >3.0 - <17.5g, Red >17.5g/100g, >21g/portion for total fat  
 Colour coding according to DH Front of Pack Guidance: Green ≤1.5/100g, Amber >1.5 - <5.0g, Red >5.0g/100g, >6.0g/portion for saturates  
 Per portion nutrition information for salt, fat and saturates calculated from per 100g and portion size  
 Portion size as suggested on pack. Where the same product in different pack sizes was surveyed, only the largest pack size was included in the final results.  
 na = Information not available. All nutrition information given for cooked form of product, except where product is marked \* which indicates nutrition information is for the product as sold

Manufacturer	Product Name	Category	Sub Category	Pack Size (g)	Portion Size (g)	Salt / 100g	Salt/ portion (g)	Total fat/100g (g)	Total fat / portion (g)	Saturates/ 100g (g)	Saturates/ portion (g)	Exceeds Max Target?
Healthy Food Brands Limited	Tofurky Deli Slices Hickory Smoked*	Plain Uncoated	Sliced Protein Meat	156	52	3.50	1.82	5.8	3.0	0	0.0	Y
Tesco	Tesco Meat Free Bacon Style Rashers	Plain Uncoated	Bacon	200	28	2.20	0.90	22.6	6.3	1.9	0.5	Y
VBites Foods Limited	Cheatin' Rashers*	Plain Uncoated	Bacon	115	na	2.10	na	7.6	na	4.5	na	Y
Marlow Foods	Quorn 4 Best of British Sausages 240g	Plain Uncoated	Plain Protein Sausages	240	56	1.90	1.06	10.4	5.8	0.8	0.4	Y
Vegetarian Express Limited	The Vegetarian Butcher No Chicken Chunks	Plain Uncoated	Plain Protein Pieces	160	80	1.90	1.52	4.4	3.5	0.5	0.4	Y
Marlow Foods	Quorn 2 Quarter Pounders 227g	Plain Uncoated	Plain Protein Burgers	227	104	1.80	1.87	9.0	9.4	3.2	3.3	Y
Vegetarian Express Limited	The Vegetarian Butcher Mc2 Vegetarian Burger	Plain Uncoated	Plain Protein Burgers	160	na	1.80	na	8.1	na	1.4	na	Y
Linda McCartney	Linda McCartney's 2 Vegetarian Pulled Pork 1/4lb Burgers	Plain Uncoated	Plain Protein Burgers	227	97	1.80	1.75	4.6	4.5	0.4	0.4	Y
Marlow Foods	Quorn Smokey Ham Free Slices*	Plain Uncoated	Sliced Protein Meat	100	25	1.70	0.43	2.5	0.6	0.6	0.2	Y
VBites Foods Limited	Cheatin' Ham Style Slices*	Plain Uncoated	Sliced Protein Meat	100	na	1.70	na	14.0	na	4.8	na	Y
The Fry Family Food Company	Fry's Meat Free Chicken-Style Nuggets*	Plain Coated	Coated Protein Pieces	380	95	1.70	1.62	22	20.9	3	2.9	Y
Heckl Food	Heck Veggie Sausages	Plain Uncoated	Vegetable Sausages	255	85	1.70	1.45	7.5	6.4	1.1	0.9	Y
Marlow Foods	Quorn Bacon Style Slices 150g*	Plain Uncoated	Bacon	150	37	1.60	0.59	15.7	5.8	1.1	0.4	N
VBites Foods Limited	VBites Veg/Deli Sage and Onion Slices 100g*	Flavoured Uncoated	Sliced Protein Meat	100	na	1.60	na	14.1	na	5.1	na	Y
Vegetarian Express Limited	The Vegetarian Butcher Lincolnshire Style Vegetarian Sausages	Plain Uncoated	Plain Protein Sausages	160	na	1.60	na	8.7	na	0.6	na	Y
Linda McCartney	Linda McCartney 6 Vegetarian Red Onion & Rosemary Sausages 300g	Flavoured Uncoated	Flavoured Protein Sausages	300	92	1.60	1.47	3.4	3.1	0.4	0.4	Y
Marlow Foods	Quorn Vegan 6 Cumberland Sausages	Plain Uncoated	Plain Protein Sausages	300	95	1.50	1.43	9.9	9.4	3.7	3.5	Y
Marlow Foods	Quorn 2 Classic Burgers 180g*	Plain Uncoated	Plain Protein Burgers	180	90	1.50	1.35	8.2	7.4	3.2	2.9	Y
Marlow Foods	Quorn 4 Vegetarian Chicken Burgers 252g	Plain Coated	Coated Protein Burgers	252	60	1.50	0.90	8.6	5.2	1	0.6	Y
Marlow Foods	Cauldron 2 Adzuki Bean Melts*	Flavoured Coated	Vegetable Based Bakes	220	103	1.50	1.55	3.7	3.8	0.4	0.4	Y
Linda McCartney	Linda McCartney 6 Vegetarian Sausages	Plain Uncoated	Plain Protein Sausages	300	89	1.50	1.34	6.0	5.3	2.6	2.3	Y
Amy's Kitchen	Amy's Kitchen Manhattan Veggie Burgers*	Plain Uncoated	Vegetable Burgers	270	na	1.40	na	4.2	na	0	na	Y
Marlow Foods	Cauldron 2 Vegan Falafel Burgers*	Flavoured Uncoated	Vegetable Burgers	180	86	1.40	1.20	3.2	2.8	0.3	0.3	Y
Amy's Kitchen	Amy's Kitchen All American Veggie Burger*	Plain Uncoated	Plain Protein Burgers	285	71	1.40	0.99	4.9	3.5	0	0.0	Y
Marks & Spencer	M&S Veggie Butternut Squash & Paprika Sausages*	Flavoured Uncoated	Vegetable Sausages	270	90	1.35	1.22	3.1	2.8	0.6	0.5	Y
Marlow Foods	Quorn 2 Vegan Burgers	Plain Uncoated	Plain Protein Burgers	160	80	1.30	1.04	11.6	9.3	4.9	3.9	Y
Marlow Foods	Quorn Crispy Nuggets	Plain Coated	Coated Protein Pieces	476	80	1.30	1.04	4.2	3.4	0.5	0.4	Y
Marlow Foods	Quorn Chili & Lime Sliced Fillets 140g*	Flavoured Uncoated	Flavoured Protein Fillets	140	70	1.30	0.91	3.8	2.7	0.8	0.6	Y
Marlow Foods	Quorn Fajita Strips 140g	Flavoured Uncoated	Flavoured Protein Pieces	140	67	1.30	0.87	2.2	1.5	0.9	0.6	Y
Marlow Foods	Quorn Chicken Free Slices*	Plain Uncoated	Sliced Protein Meat	100	25	1.30	0.33	2.3	0.6	0.6	0.2	Y
Marlow Foods	Quorn Turkey & Stuffing Style Slices 100g*	Flavoured Uncoated	Sliced Protein Meat	100	25	1.30	0.33	2.3	0.6	0.6	0.2	Y
Vivera	Vivera 2 Pumpkin Sweet Potato Burgers*	Flavoured Uncoated	Vegetable Burgers	200	100	1.30	1.30	3	3.0	0.3	0.3	Y
Mondelez International	Fry's Meat Free Chicken Style Strips*	Plain Uncoated	Plain Protein Pieces	380	95	1.30	1.24	11.8	11.2	1.4	1.3	Y
Marlow Foods	Cauldron 6 Lincolnshire Vegetarian Sausages 276g*	Plain Uncoated	Plain Protein Sausages	276	92	1.30	1.20	9.8	9.0	0.8	0.7	Y
Marlow Foods	Cauldron 6 Cumberland Vegetarian Sausages*	Plain Uncoated	Plain Protein Sausages	276	92	1.30	1.20	8.6	7.9	0.8	0.7	Y
Tesco	Tesco Meat Free Chicken Style Pieces	Plain Uncoated	Plain Protein Pieces	300	68	1.30	0.88	9.8	6.7	1.4	1.0	Y
Sainsbury's	Sainsbury's Vegetarian 9 Meat Free Hot Dog Style Sausages	Plain Uncoated	Plain Protein Sausages	270	60	1.30	0.78	16.8	10.1	1.4	0.8	Y
Great Food UK	Great Food Sweet Potato Burger 230g*	Plain Uncoated	Vegetable Burgers	230	na	1.26	na	5.7	na	0.4	na	Y
Marks & Spencer	M&S Veggie Roasted Mushroom & Red Onion Sausages 270g*	Flavoured Uncoated	Vegetable Sausages	270	90	1.25	1.13	3.4	3.1	1.6	1.4	N
Morrison's	Morrison's 6 Meat Free Sausages	Plain Uncoated	Plain Protein Sausages	300	92	1.24	1.14	7.7	7.1	0.8	0.7	N
Great Food Ltd	Goshi! Broad Bean & Quinoa Bites*	Flavoured Uncoated	Vegetable Bites	300	88	1.23	1.08	9	7.9	0.8	0.7	N
Marks & Spencer	M&S Veggie Beetroot & Caramelised Onion 'Hot Dogs'*	Flavoured Uncoated	Vegetable Sausages	320	80	1.23	0.98	4.2	3.4	2.4	1.9	N
Naturli! Foods	Naturli Plant Based Burger Patties	Plain Uncoated	Plain Protein Burgers	200	na	1.20	na	10.0	na	8	na	N
Goodlife Foods	Goodlife Mushroom & Spinach Kiew with a Creamy Garlic & Cheese Sauce 250g	Flavoured Coated	Coated Bites	250	119	1.20	1.43	12.4	14.8	2.8	3.3	N
Marlow Foods	Quorn Vegetarian Bacon 120g*	Plain Uncoated	Bacon	120	30	1.20	0.36	5.2	1.6	0.5	0.2	N
Marlow Foods	Quorn 12 Sausages 504g	Plain Uncoated	Plain Protein Sausages	504	78	1.20	0.94	11.1	8.7	1.4	1.1	N
Marlow Foods	Quorn 6 Sausages	Plain Uncoated	Plain Protein Sausages	250	78	1.20	0.94	11.1	8.7	1.4	1.1	N
Marlow Foods	Quorn 4 Sweet Chili Sausages	Flavoured Uncoated	Flavoured Protein Sausages	240	58	1.20	0.70	6.6	3.8	1.4	0.8	N
Tesco	Tesco Meat Free Sausages	Plain Uncoated	Plain Protein Sausages	264	80	1.20	0.96	9.4	7.5	0.7	0.6	N
Naturli! Foods	Naturli Plant Based Mince	Plain Uncoated	Mince	400	na	1.20	na	10.0	na	8	na	Y
Marks & Spencer	Marks & Spencer Veggie Sweetcorn & Chickpea Burgers 240g*	Flavoured Uncoated	Vegetable Burgers	240	120	1.18	1.42	4.3	5.2	0.5	0.6	N
Marks & Spencer	M&S Veggie Mince 180g*	Plain Uncoated	Mince	180	90	1.17	1.05	3.2	2.9	0.7	0.6	Y
Sainsbury's	Sainsbury's 8 Meat Free Burgers	Plain Uncoated	Plain Protein Burgers	454	90	1.16	1.04	4	3.6	0.3	0.3	N
Marks & Spencer	Marks & Spencer Veggie Sweet Potato & Red Pepper Sausages 270g*	Plain Uncoated	Vegetable Burgers	270	90	1.15	1.04	5.4	4.9	2.4	2.2	N
Primal Gastronomie	No Bull Burgers	Plain Uncoated	Plain Protein Burgers	226	na	1.14	na	9	na	1.4	na	N
Iceland	Iceland 2 Spicy Nacho Bean Burgers	Flavoured Coated	Coated Bean Burgers	270	na	1.10	na	11.8	na	4.1	na	N
Tesco	Tesco 2 Chicken Style Cheesy Garlic Kievs	Flavoured Coated	Coated Kievs	250	113	1.10	1.24	11.8	13.3	2.5	2.8	N
Tesco	Tesco 6 Vegetarian Vegetable Burgers	UNSURE	Vegetable Burgers	340	108	1.10	1.19	5.5	5.9	0.8	0.9	N
Linda McCartney	Linda McCartney's 2 Vegetarian Mushroom & Spinach Burgers 220g	Flavoured Uncoated	Flavoured Protein Burger	220	104	1.10	1.14	7.5	7.8	0.6	0.6	N
Vivera	Vivera 2 Beetroot Burgers*	Flavoured Uncoated	Vegetable Burgers	200	100	1.10	1.10	1	1.0	0.1	0.1	N
Linda McCartney	Linda McCartney 2 Mozzarella 1/4lb Burgers 227g	Flavoured Uncoated	Flavoured Protein Burger	227	98	1.10	1.08	13.8	13.5	1.9	1.9	N
Marlow Foods	Quorn Thai Chicken Fillets	Flavoured Uncoated	Flavoured Protein Fillets	166	83	1.10	0.91	2.9	2.4	0.3	0.2	N
Marlow Foods	Quorn 2 Five Grain Fillets	Plain Coated	Coated Protein Fillets	180	82	1.10	0.90	7.3	6.0	0.5	0.4	N
Marlow Foods	Quorn Sausage Patties*	Plain Uncoated	Plain Protein Burgers	168	42	1.10	0.46	4.9	2.1	0.5	0.2	N
Marlow Foods	Quorn Spinach and Red Pepper Slices*	Plain Uncoated	Sliced Protein Meat	100	25	1.10	0.28	5.9	1.5	1.4	0.4	N
Marks & Spencer	M&S Veggie Broccoli, Spinach & Kale 'Hot Dogs'*	Flavoured Uncoated	Vegetable Sausages	320	80	1.10	0.88	3.8	3.0	2.2	1.8	N
Tesco	Tesco 16 Meat Free Chicken Style Nuggets	Plain Coated	Coated Protein Pieces	320	72	1.10	0.79	8.8	6.3	1.6	1.2	N
Tesco	Tesco Meat Free 8 Burgers	Plain Uncoated	Plain Protein Burgers	454	51	1.10	0.56	3.5	1.8	0.8	0.4	N
Vivera	Vivera Veggie Mince	Plain Uncoated	Mince	220	na	1.10	na	0.1	na	0.1	na	Y
Marks & Spencer	Marks & Spencer Veggie Edamame Bean Burgers 240g*	Flavoured Uncoated	Vegetable Burgers	240	120	1.08	1.30	5.3	6.4	0.5	0.6	N
Marks & Spencer	Marks & Spencer Veggie Lentil & Beetroot Burgers*	Flavoured Uncoated	Vegetable Burgers	240	120	1.08	1.30	4.9	5.9	0.4	0.5	N
Marks & Spencer	M&S Veggie Chunks 180g*	Plain Uncoated	Plain Protein Pieces	180	90	1.08	0.97	0.7	0.6	0.3	0.3	N
Linda McCartney	Linda McCartney's 2 Vegetarian Country Pies	Meat Free Pastry	Pie	380	183	1.00	1.83	13.5	24.7	5.9	10.8	N
Linda McCartney	Linda McCartney 2 Vegetarian Quarter Pounder Burgers 227g	Plain Uncoated	Plain Protein Burgers	227	105	1.00	1.05	11.9	12.5	0.9	0.9	N
Tesco	Tesco Meat Free 4 Cauliflower Cheese Grills*	Flavoured Coated	Vegetable Based Bakes	397	99	1.00	0.99	14.3	14.2	3.3	3.3	N
Marlow Foods	Quorn 2 Crispy Fillets 200g*	Plain Coated	Coated Protein Fillets	200	100	1.00	1.00	7.7	7.7	2.1	2.1	N
Marlow Foods	Quorn Dippers 320g*	Plain Coated	Coated Protein Pieces	320	92	1.00	0.92	8.7	8.0	1	0.9	N
Marlow Foods	Quorn 4 Wild Garlic & Parsley Sausages*	Flavoured Uncoated	Flavoured Protein Sausages	240	60	1.00	0.60	9.0	5.4	2	1.2	N
Marlow Foods	Quorn 4 Frankfurters 180g*	Plain Uncoated	Plain Protein Sausages	180	45	1.00	0.45	13.8	6.2	1	0.5	N
Sainsbury's	Sainsbury's Vegetarian 6 Meat Free Cumberland Style Sausages	Plain Uncoated	Plain Protein Sausages	264	80	1.00	0.80	10.7	8.6	0.8	0.6	N
Tesco	Tesco Meat Free 9 Hot Dog Style Sausages 240g*	Plain Uncoated	Plain Protein Sausages	240	60	1.00	0.60	15.8	9.5	1.2	0.7	N
Linda McCartney	Linda McCartney's 2 Vegetarian Chorizo & Red Pepper Sausages	Flavoured Uncoated	Flavoured Protein Sausages	300	92	0.99	0.91	4.9	4.5	0.6	0.6	N
Birds Eye	Birds Eye 10 Vegetable Fingers 284g	Plain Coated	Coated Vegetable Fingers	228	114	0.93*	1.06	8.2*	9.3	0.6*	0.7	N
Tesco	Tesco 2 Vegetarian Monterey Jack BBQ Bean Burgers	Flavoured Coated	Coated Bean Burgers	280	131	0.90	1.18	12.5	16.4	2.1	2.8	N
ASDA	Asda Vegetarian Spicy Bean Burgers	Flavoured Coated	Coated Bean Burgers	454	106	0.90	0.95	11	11.7	1.3	1.4	N
Tesco	Tesco 4 Vegetarian Spicy Bean Burgers 454g	Flavoured Coated	Coated Bean Burgers	454	106	0.90	0.95	9.1	9.6	0.9	1.0	N
ASDA	Asda Chosen by You Vegetarian 4 Cauliflower Cheese Crispy Grills 397g	Flavoured Coated	Vegetable Based Bakes	397	93	0.90	0.84	11.0	10.2	2.2	2.0	N
Morrison's	Morrison's Meat Free Sweet Potato & Edamame Burgers	Flavoured Uncoated	Vegetable Burgers	350	88	0.						



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 Colour coding according to DH Front of Pack Guidance: Green ≤3.0/100g, Amber >3.0 - ≤17.5g, Red >17.5g/100g, >21g/portion for total fat  
 Colour coding according to DH Front of Pack Guidance: Green ≤1.5/100g, Amber >1.5 - ≤5.0g, Red >5.0g/100g, >6.0g/portion for saturates  
 Per portion nutrition information for salt, fat and saturates calculated from per 100g and portion size  
 Portion size as suggested on pack. Where the same product in different pack sizes was surveyed, only the largest pack size was included in the final results.  
 na = information not available. All nutrition information given for cooked form of product, except where product is marked \* which indicates nutrition information is for the product as sold

Manufacturer	Product Name	Category	Sub Category	Pack Size (g)	Portion Size (g)	Salt / 100g	Salt/ portion (g)	Total fat/100g (g)	Total fat / portion (g)	Saturates/ 100g (g)	Saturates/ portion (g)	Exceeds Max Target?
ASDA	Asda 2 Cheese & Spring Onion Crispbakes	Flavoured Coated	Vegetable Based Bakes	280	132	0.70	0.92	10.0	13.2	4.3	5.7	N
ASDA	Asda Vegetarian Mushroom & Kale Sausages	Plain Uncoated	Vegetable Burgers	270	121	0.70	0.85	6.8	8.2	0.7	0.8	N
Morrisons	Morrisons Meat Free Indian Style Quarter Pounders	Flavoured Uncoated	Vegetable Burgers	454	107	0.70	0.75	10.5	11.2	1.1	1.2	N
Strong Roots	Strong Roots Pumpkin & Spinach Burger*	Plain Coated	Coated Vegetable Burgers	450	80	0.70	0.56	9.3	7.4	0.8	0.6	N
Tesco	Tesco 10 Vegetarian Buffalo Cauliflower Bites	Flavoured Coated	Vegetable Bites	230	66	0.70	0.46	6.5	4.3	1.3	0.9	N
Marlow Foods	Quorn Vegetarian Steak Pie 235g*	Meat Free Pastry	Pie	235	235	0.70	1.65	8.7	20.4	3.4	8.0	N
Marlow Foods	Quorn Roast Style Sliced Fillets 140g*	Plain Uncoated	Plain Protein Pieces	140	70	0.70	0.49	7.1	5.0	1.2	0.8	Y
ASDA	Asda Meat Free 2 Beef Style Quarter Pounders	Plain Uncoated	Plain Protein Burgers	227	102	0.69	0.70	3.3	3.4	0.3	0.3	N
ASDA	Asda Meat Free Popcorn Chicken	Plain Coated	Coated Protein Pieces	250	73	0.67	0.49	15.0	11.0	1.7	1.2	N
Morrisons	Morrisons Meat Free Vegetable Fingers	Plain Coated	Coated Vegetable Fingers	424	85	0.65	0.55	10.1	8.6	0.9	0.8	N
Sainsbury's	Sainsbury's 4 Cauliflower Cheese Grills	Flavoured Coated	Vegetable Based Bakes	397	86	0.64	0.55	11.9	10.2	2.6	2.2	N
Morrisons	Morrisons Meat Free Spicy Chickpea, Kale & Sweet Potato Pies	Meat Free Pastry	Pie	360	170	0.63	1.07	14.3	24.3	6.2	10.5	N
Morrisons	Morrisons 2 Melt in the Middle Mushroom Bakes	Flavoured Coated	Vegetable Based Bakes	270	130	0.63	0.82	8.2	10.7	2.2	2.9	N
Waitrose	Waitrose Frozen Vegetarian 4 Vegetable Quarter Pounders 454g	Plain Coated	Coated Vegetable Burgers	454	113	0.63	0.71	7.8	8.8	0.9	1.0	N
Waitrose	Waitrose Vegetarian 4 Red Pepper Grills 350g	Flavoured Uncoated	Potato Based Bakes	350	87.5	0.63	0.55	6.4	5.6	1	0.9	N
ASDA	Asda Vegetarian 16 Vegetable Fingers	Plain Coated	Coated Vegetable Fingers	452	56.5	0.62	0.35	6.6	3.7	0.8	0.5	N
ASDA	Asda Vegetarian Edamame Asparagus & Mint Burgers	Flavoured Uncoated	Vegetable Burgers	230	108	0.60	0.65	6.8	7.3	0.8	0.9	N
Tesco	Tesco Meat Free 4 Vegetable Quarter Pounders	Plain Coated	Coated Vegetable Burgers	454	106	0.60	0.64	10.0	10.6	0.9	1.0	N
Food for Progress Scandinavia AB	Oumph The Chunk*	Plain Uncoated	Plain Protein Pieces	280	na	0.60	na	0.4	na	0	na	N
Sainsbury's	Sainsbury's Meat Free Mince	Plain Uncoated	Mince	500	77	0.57	0.44	5.0	3.9	0.3	0.2	N
Marks & Spencer	Marks & Spencer Veggie Two Vegetable Kievies 310g*	Flavoured Coated	Coated Kievies	310	155	0.55	0.85	10.0	15.5	3.1	4.8	N
Morrisons	Morrisons Meat Free Kievies with Garlic Butter	Flavoured Coated	Coated Kievies	246	116	0.50	0.58	13.3	15.4	4.6	5.3	N
Tesco	Tesco 2 Vegetarian Peanut & Avocado Burgers	Plain Uncoated	Vegetable Burgers	227	107	0.50	0.54	21.1	22.6	1.7	1.8	N
Morrisons	Morrisons Meat Free Spicy Bean Burgers 4 Pack 454g	Flavoured Coated	Coated Bean Burgers	454	102	0.50	0.51	7.9	8.1	0.8	0.8	N
Iceland	Iceland 4 Vegetable Burgers	Plain Coated	Coated Vegetable Burgers	320	75	0.50	0.38	8.1	6.1	1	0.8	N
Sainsbury's	Sainsbury's 16 Vegetable Fingers	Plain Coated	Coated Vegetable Fingers	452	79	0.49	0.39	10.7	8.5	1.2	0.9	N
Morrisons	Morrisons Meat Free Mince	Plain Uncoated	Mince	400	129	0.49	0.63	2.4	3.1	0.2	0.3	N
Aldi	Aldi Mae's Kitchen 4 Vegetable Quarter Pounders 454g	Plain Coated	Vegetable Burgers	454	107	0.46	0.49	9.0	9.6	1	1.1	N
ASDA	Asda Meat Free Mince	Plain Uncoated	Mince	454	113.5	0.46	0.52	1.6	1.8	0.2	0.2	N
Nestle	Nestle Simply Mince*	Plain Uncoated	Mince	480	80	0.43	0.34	3	2.4	0.4	0.3	N
Tesco	Tesco 2 Vegetarian Mushroom & Camembert Pies	Meat Free Pastry	Pie	360	162	0.40	0.65	16.2	26.2	7.9	12.8	N
Morrisons	Morrisons Meat Free Vegetable Quarter Pounders	Plain Coated	Vegetable Burgers	454	102	0.40	0.41	8.9	9.1	0.9	0.9	N
Morrisons	Morrisons Meat Free Glamorgan Sausages	Plain Uncoated	Vegetable Sausages	300	90	0.40	0.36	9.5	8.6	2.5	2.3	N
Morrisons	Morrisons 2 Melt in the Middle Spiced Sweet Potato Bakes	Flavoured Coated	Potato Based Bakes	270	131	0.38	0.50	9.4	12.3	2.1	2.8	N
ASDA	Asda Vegetarian 2 Mushroom & Spinach Cheese Melts	Flavoured Coated	Vegetable Based Bakes	260	122	0.37	0.45	11.0	13.4	1.9	2.3	N
Marks & Spencer	Marks & Spencer Veggie Roasted Mushroom & Onion Pie 400g*	Meat Free Pastry	Pie	400	400	0.35	1.40	2.1	8.4	0.7	2.8	N
Morrisons	Morrisons 2 Melt in the Middle Sweet Potato & Three Bean Bakes	Flavoured Coated	Potato Based Bakes	270	131	0.35	0.46	8.7	11.4	2.7	3.5	N
Marlow Foods	Quorn Mince 500g*	Plain Uncoated	Mince	500	75	0.30	0.23	2	1.5	0.5	0.4	N
Goodlife Foods	Goodlife Spicy Veg Beanburgers with a kick of chipotle chilli	Flavoured Coated	Coated Bean Burgers	454	109	0.29	0.32	8.8	9.6	0.6	0.7	N
Tesco	Tesco Meat Free Mince	Plain Uncoated	Mince	454	114	0.20	0.23	0.8	0.9	0.3	0.3	N