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| Food: | Tinned Ravioli |

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| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price |
| Heinz | 400 | 294 | 2.8 | 48 | £1.00 |
| Smart price (Asda) | 400 | 302 | 2.2 | 52 | £0.45 |
| Asda home brand | 400 | 324 | 2.6 | 50 | £0.55 |
| Tesco Beef Ravioli | 400 | 324 | 3.2 | 52 | £0.55 |
| Sainsbury's Ravioli in Tomato Sauce | 400 | 336 | 1.2 | 56 | £0.55 |

* Values Shown Per Full Can

Supermarkets Tested

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| ASDA | Tesco | Morrisons | Sainsburys | Waitrose | Lidl  | Aldi | Able & Cole |
| YES | YES | N/A | YES | YES | N/A | N/A | N/A |

*N/A Indicates Either Nutrition Information Not Available On The Company’s Website Or The Company Doesn’t Supply This Brand*