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| Food: | Tinned Spaghetti In Tomato Sauce |

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| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price |
| Tesco Everyday Value | 410 | 203.8 | 0.4 | 41 | £0.21 |
| Sainsbury's Spaghetti | 400 | 204 | 0.4 | 39.6 | £0.30 |
| Sainsbury's Spaghetti Basics | 400 | 204 | 0.4 | 40.4 | £0.20 |
| Morrisons Spaghetti | 395 | 233.1 | 0.4 | 47 | £0.35 |
| Heinz | 400 | 240 | 0 | 50.4 | £0.75 |
| Smart price (Asda) | 395 | 252.8 | 2.2 | 55.3 | £0.20 |
| Asda home brand | 395 | 256.8 | 0.4 | 51.4 | £0.29 |
| essential Waitrose short cut spaghetti | 410 | 266 | 0.4 | 54.9 | £0.32 |
| Tesco Short Cut Spaghetti | 410 | 274.7 | 0.4 | 54.1 | £0.35 |

* Values Shown Per Full Can

Supermarkets Tested

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| ASDA | Tesco | Morrisons | Sainsburys | Waitrose | Lidl | Aldi | Able & Cole |
| YES | YES | YES | 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*