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| Food: | Canned Tomatoes |

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| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Ktc Chopped | 400 | 64 | 0 | 12 | 0.39 |
| Smart Price Chopped | 400 | 72 | 0 | 12 | 0.28 |
| Smart Price Peeled Plum | 400 | 72 | 0 | 12 | 0.28 |
| Don Mario Chopped | 400 | 72 | 0 | 12 | 0.50 |
| Don Mario Plum | 400 | 72 | 0 | 12 | 0.50 |
| Grower's Harvest Chopped | 400 | 73.2 | 0 | 12 | 0.29 |
| Tesco Everyday Value Plum | 400 | 73.2 | 0 | 12 | 0.30 |
| Ktc Plum Tomatoes | 400 | 76 | 0 | 12 | 0.39 |
| Sainsbury's Italian Plum | 400 | 80 | 0.04 | 14 | 0.40 |
| Sainsbury's Chopped  So Organic | 400 | 80 | 0.4 | 11.2 | 0.80 |
| Essential Waitrose Chopped | 400 | 84 | 0.04 | 14.4 | 0.40 |
| Morrison’s Italian Chopped | 400 | 84 | 0.4 | 11.2 | 0.35 |
| Sainsbury's Plum So Organic | 400 | 84 | 0.4 | 12.4 | 0.80 |
| Waitrose Duchy Organic Chopped | 400 | 88 | 0.04 | 14.8 | 0.89 |
| Asda Italian Peeled Plum | 400 | 88 | 0.4 | 15.2 | 0.35 |
| Sainsbury's Peeled Plum Basics | 400 | 88 | 0.4 | 16 | 0.30 |
| Napolina Chopped | 400 | 92 | 0 | 14.4 | 1.05 |
| Waitrose Duchy Organic Plum | 400 | 92 | 0.04 | 13.6 | 0.84 |
| Essential Waitrose Plum | 400 | 92 | 0.04 | 15.2 | 0.40 |
| Morrison’s Chopped With Garlic & Onion | 390 | 97.5 | 0.4 | 20.3 | 0.55 |
| Waitrose Cherry | 395 | 98.4 | 0.0 | 15.0 | 0.82 |
| Napolina Chopped Tomatoes With Pepper & Chilli | 400 | 100 | 0 | 16 | 0.75 |
| Cook Italia Chopped | 400 | 100 | 0 | 16 | 0.50 |
| Asda Chopped | 400 | 100 | 0.4 | 15.2 | 0.35 |
| Sainsbury's Peeled Cherry | 400 | 100 | 1.6 | 12.4 | 0.80 |
| Tesco Italian Chopped | 400 | 100.8 | 0 | 16 | 0.35 |
| Tesco Italian Finely Chopped | 400 | 100.8 | 0.04 | 16 | 0.35 |
| Tesco Peeled Plum | 400 | 100.8 | 0.04 | 16 | 0.35 |
| Morrison’s Peeled Plum | 400 | 104 | 0.04 | 20 | 0.40 |
| Cirio Tinned Tuscan Plum | 400 | 108 | 0.04 | 16.8 | 1.00 |
| Waitrose Chopped With Olive Oil & Garlic | 400 | 108 | 0.4 | 13.2 | 0.65 |
| Sainsbury's Chopped Tomatoes With Basil | 400 | 108 | 0.4 | 17.6 | 0.46 |
| Waitrose Chopped With Basil | 400 | 112 | 0.04 | 19.6 | 0.65 |
| Cirio Tinned Tuscan Chopped | 400 | 116 | 0.04 | 18.8 | 1.00 |

* Values Shown Per Full Can

Supermarkets Tested

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| --- | --- | --- | --- | --- | --- | --- |
| ASDA | Tesco | Morrisons | Sainsburys | Waitrose | Able & Cole | ICELAND |
| YES | 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*