|  |  |
| --- | --- |
| Food: | Spaghetti – Dried and cooked |

| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| --- | --- | --- | --- | --- | --- |
| Homemade Courgette Spaghetti | 330 | 35.4 | 0.1 | 3.3 | 0.80 |
| Tesco Organic Spaghetti | 500 | 95.3 | 0.1 | 19.8 | 1.00 |
| Morrisons Wholewheat Spaghetti | 500 | 107.3 | 0.2 | 20.3 | 0.45 |
| Asda Smartprice Spaghetti | 500 | 109.5 | 0.1 | 22.5 | 0.25 |
| ASDA Wholewheat Spaghetti | 500 | 111.0 | 0.2 | 21.0 | 0.53 |
| Sainsbury's Wholewheat Spaghetti, SO Organic | 500 | 115.5 | 0.1 | 22.2 | 1.00 |
| ASDA Spaghetti | 500 | 116.3 | 0.1 | 23.3 | 0.53 |
| ASDA Linguine | 500 | 117.0 | 0.0 | 23.3 | 0.65 |
| De Cecco Spaghetti | 500 | 117.0 | 0.0 | 22.5 | 1.55 |
| Morrisons Spaghetti | 500 | 117.0 | 0.2 | 23.4 | 0.45 |
| Morrisons Organic Spaghetti | 500 | 117.0 | 0.2 | 23.4 | 1.00 |
| Waitrose LoveLife Spaghetti | 500 | 117.8 | 0.1 | 26.5 | 1.70 |
| Napolina Spaghetti | 500 | 118.5 | 0.2 | 24.0 | 1.00 |
| Napolina Quick Cook Spaghetti | 500 | 118.5 | 0.2 | 24.0 | 1.40 |
| Morrisons The Best Spaghetti | 500 | 118.5 | 0.2 | 23.0 | 1.00 |
| Sainsbury's Wholegrain Spelt Spaghetti | 500 | 118.5 | 0.2 | 22.5 | 1.15 |
| Pasta Reggia di Caserta Durum Semolina Pasta Spaghetti | 500 | 118.5 | 0.1 | 24.3 | 0.75 |
| Cucina Spaghetti (aldi) | 500 | 118.5 | 0.0 | 23.6 | 0.45 |
| Barilla Spaghetti | 500 | 119.3 | 0.2 | 23.6 | 1.20 |
| Sainsbury's Quick Cook Spaghetti | 500 | 119.3 | 0.1 | 24.2 | 0.60 |
| Sainsbury's Spaghetti, SO Organic | 500 | 119.3 | 0.1 | 24.2 | 1.00 |
| Sainsbury's Linguine | 500 | 119.3 | 0.1 | 24.2 | 0.60 |
| Aldi Spaghetti | 500 | 123.0 | 0.1 | 24.8 | 0.20 |
| Tesco Whole Wheat Spaghetti | 500 | 126.0 | 0.2 | 24.7 | 0.53 |
| Waitrose Essential Spaghetti | 500 | 127.5 | 0.3 | 23.6 | 1.70 |
| Waitrose Essential Linguine | 500 | 127.5 | 0.3 | 23.6 | 1.70 |
| Morrisons Free From Spaghett | 500 | 129.0 | 0.2 | 29.0 | 0.60 |
| Hearty Food Co. Spaghetti | 500 | 130.5 | 0.2 | 27.1 | 0.20 |
| Tesco Short Spaghetti | 500 | 132.0 | 0.2 | 26.8 | 0.53 |
| Tesco Organic Whole Wheat Spaghetti | 500 | 135.8 | 0.2 | 26.9 | 1.00 |
| Waitrose Spaghetti | 500 | 143.3 | 0.2 | 28.1 | 1.50 |
| Waitrose Linguine | 500 | 143.3 | 0.2 | 28.1 | 1.50 |

* Values are shown per 75 grams uncooked (168.7 grams when cooked)

| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| --- | --- | --- | --- | --- | --- |
| Homemade Courgette Spaghetti | 330 | 21 | 0.1 | 2 | 0.80 |
| Tesco Organic Spaghetti | 500 | 127 | 0.1 | 26.4 | 1.00 |
| Morrisons Wholewheat Spaghetti | 500 | 143 | 0.3 | 27 | 0.45 |
| Asda Smartprice Spaghetti | 500 | 146 | 0.1 | 30 | 0.25 |
| ASDA Wholewheat Spaghetti | 500 | 148 | 0.2 | 28 | 0.53 |
| Sainsbury's Wholewheat Spaghetti, SO Organic | 500 | 154 | 0.1 | 29.6 | 1.00 |
| ASDA Spaghetti | 500 | 155 | 0.1 | 31 | 0.53 |
| ASDA Linguine | 500 | 156 | 0.0 | 31 | 0.65 |
| De Cecco Spaghetti | 500 | 156 | 0.0 | 30 | 1.55 |
| Morrisons Spaghetti | 500 | 156 | 0.2 | 31.2 | 0.45 |
| Morrisons Organic Spaghetti | 500 | 156 | 0.2 | 31.2 | 1.00 |
| Waitrose LoveLife Spaghetti | 500 | 157 | 0.1 | 35.3 | 1.70 |
| Napolina Spaghetti | 500 | 158 | 0.3 | 32 | 1.00 |
| Napolina Quick Cook Spaghetti | 500 | 158 | 0.3 | 32 | 1.40 |
| Morrisons The Best Spaghetti | 500 | 158 | 0.2 | 30.6 | 1.00 |
| Sainsbury's Wholegrain Spelt Spaghetti | 500 | 158 | 0.2 | 30 | 1.15 |
| Pasta Reggia di Caserta Durum Semolina Pasta Spaghetti | 500 | 158 | 0.1 | 32.4 | 0.75 |
| Cucina Spaghetti (aldi) | 500 | 158 | 0.0 | 31.5 | 0.45 |
| Barilla Spaghetti | 500 | 159 | 0.2 | 31.5 | 1.20 |
| Sainsbury's Quick Cook Spaghetti | 500 | 159 | 0.1 | 32.3 | 0.60 |
| Sainsbury's Spaghetti, SO Organic | 500 | 159 | 0.1 | 32.3 | 1.00 |
| Sainsbury's Linguine | 500 | 159 | 0.1 | 32.3 | 0.60 |
| Aldi Spaghetti | 500 | 164 | 0.1 | 33 | 0.20 |
| Tesco Whole Wheat Spaghetti | 500 | 168 | 0.2 | 32.9 | 0.53 |
| Waitrose Essential Spaghetti | 500 | 170 | 0.4 | 31.5 | 1.70 |
| Waitrose Essential Linguine | 500 | 170 | 0.4 | 31.5 | 1.70 |
| Morrisons Free From Spaghett | 500 | 172 | 0.2 | 38.6 | 0.60 |
| Hearty Food Co. Spaghetti | 500 | 174 | 0.2 | 36.1 | 0.20 |
| Tesco Short Spaghetti | 500 | 176 | 0.2 | 35.7 | 0.53 |
| Tesco Organic Whole Wheat Spaghetti | 500 | 181 | 0.2 | 35.8 | 1.00 |
| Waitrose Spaghetti | 500 | 191 | 0.2 | 37.5 | 1.50 |
| Waitrose Linguine | 500 | 191 | 0.2 | 37.5 | 1.50 |

* Values are shown per 100 grams cooked

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*