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| Food: | Pasta – Dried and uncooked |

| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| --- | --- | --- | --- | --- | --- |
| M Organic Fusilli | 500 | 76.2 | 0.1 | 15.6 | 1.00 |
| ASDA 50 50 Fusilli | 500 | 85.8 | 0.1 | 16.2 | 0.75 |
| ASDA Tricolore Fusilli | 500 | 85.8 | 0.1 | 17.4 | 0.65 |
| Morrisons Wholewheat Fusiili | 500 | 85.8 | 0.2 | 16.2 | 0.61 |
| Waitrose wholewheat fresh pasta tagliatelle | 500 | 87.0 | 0.4 | 13.1 | 1.70 |
| ASDA Smart Price Pasta Shapes | 500 | 88.2 | 0.0 | 18.0 | 0.29 |
| ASDA Wholewheat Penne | 500 | 88.8 | 0.1 | 16.8 | 0.53 |
| Sainsbury's Fresh Egg Fusilli | 500 | 90.6 | 0.2 | 16.1 | 1.70 |
| Sainsbury's Fresh Egg Penne | 500 | 90.6 | 0.2 | 16.1 | 1.70 |
| ASDA Tagliatelle | 500 | 93.0 | 0.1 | 18.6 | 0.75 |
| ASDA Penne | 500 | 93.0 | 0.1 | 18.6 | 0.53 |
| ASDA Orzo | 500 | 93.0 | 0.1 | 18.6 | 0.65 |
| ASDA Farfalle | 500 | 93.6 | 0.0 | 18.6 | 0.65 |
| Morrisons Fusilli | 500 | 93.6 | 0.1 | 18.7 | 0.61 |
| Morrisons Conchiglie | 500 | 93.6 | 0.1 | 18.7 | 0.61 |
| Sainsbury's Wholewheat Penne | 500 | 94.2 | 0.5 | 18.1 | 0.55 |
| Sainsbury's Wholewheat Fusilli, SO Organic | 500 | 94.2 | 0.5 | 18.1 | 1.00 |
| Sainsbury's Farfalle | 500 | 96.0 | 0.5 | 19.5 | 0.55 |
| Sainsbury's Conchiglie (Shells) | 500 | 96.0 | 0.5 | 19.5 | 0.55 |
| Sainsbury's Spirali | 500 | 96.0 | 0.5 | 19.5 | 0.55 |
| Sainsbury's Macaroni | 500 | 96.0 | 0.5 | 19.5 | 0.55 |
| Sainsbury's Fusilli | 500 | 96.0 | 0.5 | 19.5 | 0.55 |
| Sainsbury's Rigatoni (tubes), | 500 | 96.0 | 0.5 | 19.5 | 0.55 |
| Sainsbury's Fusilli Tricolori | 500 | 96.0 | 0.5 | 19.5 | 0.70 |
| Sainsbury's Penne Rigate | 500 | 96.0 | 0.5 | 19.5 | 0.55 |
| Sainsbury's Orzo | 500 | 96.0 | 0.5 | 19.5 | 0.55 |
| Sainsbury's Tagliatelle | 500 | 96.6 | 0.1 | 19.7 | 0.70 |
| essential Waitrose fresh pasta fusilli | 500 | 96.6 | 0.2 | 17.8 | 1.70 |
| essential Waitrose fresh pasta penne | 500 | 96.6 | 0.2 | 17.8 | 1.70 |
| essential Waitrose fresh pasta tagliatelle | 500 | 96.6 | 0.2 | 17.8 | 1.70 |
| Seeds Of Change Organic Trottole | 500 | 97.2 | 0.1 | 20.1 | 2.40 |
| Sainsbury's Pasta Shapes, Basics | 500 | 97.2 | 0.1 | 19.6 | 0.30 |
| Seeds of Change organic spinach trottole pasta | 500 | 97.2 | 0.1 | 20.1 | 2.30 |
| Sainsbury's Fresh Egg Tagliatelle | 500 | 99.0 | 0.3 | 18.3 | 1.30 |
| Seeds of Change organic tortiglioni semi wholewheat pasta | 500 | 99.0 | 0.1 | 20.1 | 2.30 |
| Seeds of Change organic penne pasta | 500 | 99.6 | 0.1 | 20.1 | 2.30 |
| Tesco Whole Wheat Fusilli | 500 | 100.8 | 0.1 | 19.7 | 0.50 |
| Tesco Whole Wheat Penne | 500 | 100.8 | 0.1 | 19.7 | 0.50 |
| Tesco Finest Orzo Pasta | 500 | 102.0 | 0.1 | 20.3 | 1.70 |
| Sainsbury's Deliciously Free From Fusilli | 500 | 102.0 | 0.2 | 21.6 | 1.25 |
| Morrisons Free From Fusilli | 500 | 103.2 | 0.1 | 23.2 | 1.20 |
| Hearty Food Co. Penne Pasta | 500 | 104.4 | 0.1 | 21.7 | 0.29 |
| Tesco Fusilli | 500 | 105.0 | 0.1 | 21.4 | 0.50 |
| Tesco Conchiglie shells | 500 | 105.0 | 0.1 | 21.4 | 0.50 |
| Tesco Dischi Volanti | 500 | 105.0 | 0.1 | 21.4 | 0.50 |
| Tesco Spirali Pasta | 500 | 105.6 | 0.1 | 21.4 | 0.50 |
| Tesco Rigatoni | 500 | 105.6 | 0.1 | 21.4 | 0.50 |
| Tesco Tagliatelle | 500 | 105.6 | 0.1 | 21.4 | 0.50 |
| Tesco Macaroni | 500 | 105.6 | 0.1 | 21.4 | 0.50 |
| Morrisons The Best Trotolle | 500 | 108.6 | 0.1 | 21.5 | 1.70 |
| Morrisons The Best Fusilli Gigante | 500 | 108.6 | 0.1 | 21.5 | 1.70 |
| Morrisons The Best Conchiglioni | 500 | 108.6 | 0.1 | 21.5 | 1.70 |
| De Cecco Penne Rigate | 500 | 117.6 | 0.1 | 23.4 | 1.55 |
| De Cecco pasta penne rigate | 500 | 117.6 | 0.1 | 23.4 | 1.55 |
| Tesco Free From Fusilli | 500 | 118.2 | 0.1 | 26.2 | 1.00 |
| Tesco Free From Penne | 500 | 118.2 | 0.1 | 26.2 | 1.00 |
| De Cecco pasta chifferi rigati | 500 | 118.2 | 0.1 | 24.4 | 1.55 |
| Napolina Penne | 500 | 118.8 | 0.1 | 24.0 | 1.50 |
| Filiz Pasta Pipe Rigate | 500 | 119.4 | 0.2 | 24.4 | 0.69 |
| Barilla Fusilli Pasta | 500 | 119.4 | 0.2 | 23.8 | 0.85 |
| Barilla Mezze Penne Tricolore | 500 | 119.4 | 0.2 | 23.6 | 0.85 |
| Napolina Fusilli | 500 | 121.8 | 0.1 | 24.0 | 1.00 |
| Waitrose 1 paccheri rigati pasta tubes | 500 | 123.0 | 0.1 | 24.4 | 1.70 |

* Values shown per 60 grams uncooked

| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| --- | --- | --- | --- | --- | --- |
| M Organic Fusilli | 500 | 127 | 0.1 | 26 | 1.00 |
| ASDA 50 50 Fusilli | 500 | 143 | 0.1 | 27 | 0.75 |
| ASDA Tricolore Fusilli | 500 | 143 | 0.2 | 29 | 0.65 |
| Morrisons Wholewheat Fusiili | 500 | 143 | 0.3 | 27 | 0.61 |
| Waitrose wholewheat fresh pasta tagliatelle | 500 | 145 | 0.6 | 21.9 | 1.70 |
| ASDA Smart Price Pasta Shapes | 500 | 147 | 0.05 | 30 | 0.29 |
| ASDA Wholewheat Penne | 500 | 148 | 0.2 | 28 | 0.53 |
| Sainsbury's Fresh Egg Fusilli | 500 | 151 | 0.4 | 26.9 | 1.70 |
| Sainsbury's Fresh Egg Penne | 500 | 151 | 0.4 | 26.9 | 1.70 |
| ASDA Tagliatelle | 500 | 155 | 0.1 | 31 | 0.75 |
| ASDA Penne | 500 | 155 | 0.1 | 31 | 0.53 |
| ASDA Orzo | 500 | 155 | 0.1 | 31 | 0.65 |
| ASDA Farfalle | 500 | 156 | 0.06 | 31 | 0.65 |
| Morrisons Fusilli | 500 | 156 | 0.2 | 31.2 | 0.61 |
| Morrisons Conchiglie | 500 | 156 | 0.2 | 31.2 | 0.61 |
| Sainsbury's Wholewheat Penne | 500 | 157 | 0.75 | 30.2 | 0.55 |
| Sainsbury's Wholewheat Fusilli, SO Organic | 500 | 157 | 0.75 | 30.2 | 1.00 |
| Sainsbury's Farfalle | 500 | 160 | 0.75 | 32.5 | 0.55 |
| Sainsbury's Conchiglie (Shells) | 500 | 160 | 0.75 | 32.5 | 0.55 |
| Sainsbury's Spirali | 500 | 160 | 0.75 | 32.5 | 0.55 |
| Sainsbury's Macaroni | 500 | 160 | 0.75 | 32.5 | 0.55 |
| Sainsbury's Fusilli | 500 | 160 | 0.75 | 32.5 | 0.55 |
| Sainsbury's Rigatoni (tubes), | 500 | 160 | 0.75 | 32.5 | 0.55 |
| Sainsbury's Fusilli Tricolori | 500 | 160 | 0.75 | 32.5 | 0.70 |
| Sainsbury's Penne Rigate | 500 | 160 | 0.75 | 32.5 | 0.55 |
| Sainsbury's Orzo | 500 | 160 | 0.75 | 32.5 | 0.55 |
| Sainsbury's Tagliatelle | 500 | 161 | 0.1 | 32.9 | 0.70 |
| essential Waitrose fresh pasta fusilli | 500 | 161 | 0.4 | 29.6 | 1.70 |
| essential Waitrose fresh pasta penne | 500 | 161 | 0.4 | 29.6 | 1.70 |
| essential Waitrose fresh pasta tagliatelle | 500 | 161 | 0.4 | 29.6 | 1.70 |
| Seeds Of Change Organic Trottole | 500 | 162 | 0.1 | 33.5 | 2.40 |
| Sainsbury's Pasta Shapes, Basics | 500 | 162 | 0.1 | 32.7 | 0.30 |
| Seeds of Change organic spinach trottole pasta | 500 | 162 | 0.1 | 33.5 | 2.30 |
| Sainsbury's Fresh Egg Tagliatelle | 500 | 165 | 0.5 | 30.5 | 1.30 |
| Seeds of Change organic tortiglioni semi wholewheat pasta | 500 | 165 | 0.2 | 33.5 | 2.30 |
| Seeds of Change organic penne pasta | 500 | 166 | 0.1 | 33.5 | 2.30 |
| Tesco Whole Wheat Fusilli | 500 | 168 | 0.2 | 32.9 | 0.50 |
| Tesco Whole Wheat Penne | 500 | 168 | 0.2 | 32.9 | 0.50 |
| Tesco Finest Orzo Pasta | 500 | 170 | 0.2 | 33.9 | 1.70 |
| Sainsbury's Deliciously Free From Fusilli | 500 | 170 | 0.4 | 36 | 1.25 |
| Morrisons Free From Fusilli | 500 | 172 | 0.2 | 38.6 | 1.20 |
| Hearty Food Co. Penne Pasta | 500 | 174 | 0.2 | 36.1 | 0.29 |
| Tesco Fusilli | 500 | 175 | 0.2 | 35.7 | 0.50 |
| Tesco Conchiglie shells | 500 | 175 | 0.2 | 35.7 | 0.50 |
| Tesco Dischi Volanti | 500 | 175 | 0.2 | 35.7 | 0.50 |
| Tesco Spirali Pasta | 500 | 176 | 0.2 | 35.7 | 0.50 |
| Tesco Rigatoni | 500 | 176 | 0.2 | 35.7 | 0.50 |
| Tesco Tagliatelle | 500 | 176 | 0.2 | 35.7 | 0.50 |
| Tesco Macaroni | 500 | 176 | 0.2 | 35.7 | 0.50 |
| Morrisons The Best Trotolle | 500 | 181 | 0.1 | 35.8 | 1.70 |
| Morrisons The Best Fusilli Gigante | 500 | 181 | 0.1 | 35.8 | 1.70 |
| Morrisons The Best Conchiglioni | 500 | 181 | 0.1 | 35.8 | 1.70 |
| Waitrose 1 paccheri rigati pasta tubes | 500 | 205 | 0.2 | 40.6 | 1.70 |
| De Cecco Penne Rigate @ | 500 | 352 | 0.3 | 70.2 | 1.55 |
| De Cecco pasta penne rigate @ | 500 | 352 | 0.3 | 70.2 | 1.55 |
| Tesco Free From Fusilli @ | 500 | 355 | 0.2 | 78.4 | 1.00 |
| Tesco Free From Penne @ | 500 | 355 | 0.2 | 78.4 | 1.00 |
| De Cecco pasta chifferi rigati @ | 500 | 355 | 0.3 | 73.0 | 1.55 |
| Napolina Penne @ | 500 | 356 | 0.3 | 72 | 1.50 |
| Filiz Pasta Pipe Rigate @ | 500 | 358 | 0.5 | 73.1 | 0.69 |
| Barilla Fusilli Pasta @ | 500 | 359 | 0.5 | 71.2 | 0.85 |
| Barilla Mezze Penne Tricolore @ | 500 | 359 | 0.5 | 71 | 0.85 |
| Napolina Fusilli @ | 500 | 365 | 0.3 | 72 | 1.00 |

* Values shown per 100 grams @ uncooked otherwise 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*