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| Food: | RICE (1kg bag or box) Plus Frozen/Steam Rice |

| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| --- | --- | --- | --- | --- | --- |
| ASDA 2 Steam Bags Cauliflower Rice | 400 | 33 | 0.2 | 3.5 | 1.25 |
| Morrisons Steam & Serve Riced Cauliflower | 600 | 35 | 0.1 | 4.4 | 1.75 |
| Iceland 4 Cauliflower Rice Steam Bags | 600 | 45 | 0.4 | 3.0 | 2.00 |
| Veetee Extra Long Basmati | 1000 | 84 | 0.1 | 18.2 | 3.50 |
| ASDA 2 Steam Bags Mediterranean Vegetabl | 400 | 88 | 0.1 | 16 | 1.25 |
| Tesco 4 Steam Bags Vegetable With Fragrant Couscous | 640 | 96 | 0.3 | 12.5 | 2.00 |
| orrisons 4 White Rice with Mixed Vegetables | 600 | 100 | 0.1 | 19.4 | 1.75 |
| Sainsbury's Rice, Broccoli, Sweetcorn & Peas Microwaveable Steam Bags x4 | 540 | 104 | 0.2 | 17.9 | 1.50 |
| Birds Eye 2 Steamfresh Aromatic Indian | 380 | 105 | 0.3 | 18 | 1.75 |
| ASDA 2 Steam Bags Green Vegetable Rice with a Herb Butter | 400 | 106 | 1.5 | 17 | 1.25 |
| Iceland 4 White Rice Steam Bags with Wild Rice & Vegetables | 500 | 106 | 0.1 | 19.6 | 2.00 |
| Birds Eye 2 Steamfresh Golden Vegetable | 380 | 107 | 0.3 | 20 | 2.00 |
| Veetee Thai Jasmine Rice | 1000 | 109 | 0.1 | 24.7 | 3.50 |
| Morrisons Easy Cook Brown Long Grain | 1000 | 110 | 0.3 | 19.3 | 1.83 |
| Tesco 4 Steam Bags Rice With Mixed Vegetables | 600 | 111 | 0.1 | 20.9 | 1.75 |
| Sainsbury's Steamed Golden  | 380 | 111 | 0.2 | 21 | 1.20 |
| Birds Eye 2 Steamfresh Tender Green Vegetable | 380 | 114 | 2.1 | 17 | 2.00 |
| Morrisons Brown Basmati | 1000 | 114 | 0.3 | 20.8 | 1.70 |
| Morrisons Easy Cook Long Grain | 1000 | 114 | 0.1 | 24.6 | 1.20 |
| ASDA Boil in the Bag Long Grain White | 1000 | 115 | 0.1 | 25 | 1.37 |
| Birds Eye 2 Steamfresh Mediterranean Vegetable | 380 | 115 | 0.4 | 20 | 2.00 |
| Morrisons Easy Cook Basmati | 1000 | 115 | 0.1 | 24.7 | 1.60 |
| Veetee Long Grain Rice | 1000 | 116 | 0.1 | 26.6 | 2.50 |
| Sainsbury's Steamed Mediterranean Vegetable | 380 | 116 | 0.2 | 23 | 1.10 |
| Morrisons Basmati Rice | 1000 | 117 | 0.1 | 25.1 | 1.67 |
| Sainsbury's Basmati Rice | 1000 | 117 | 0.1 | 25.4 | 1.80 |
| Sainsbury's Easy Cook Long Grain | 1000 | 117 | 0.1 | 25.1 | 1.20 |
| Sainsbury's Long Grain | 1000 | 117 | 0.1 | 25.4 | 1.20 |
| Sainsbury's Aged Indian Basmati Rice | 1000 | 117 | 0.1 | 25.4 | 2.75 |
| Waitrose basmati aromatic  | 1000 | 117 | 0.1 | 25.3 | 2.16 |
| Waitrose Jasmine Hom Mali | 1000 | 117 | 0.1 | 25.5 | 1.94 |
| essential Waitrose Basmati | 1000 | 117 | 0.1 | 25.3 | 1.75 |
| ASDA 2 Steam Bags Spicy Vegetable | 400 | 119 | 0.2 | 22 | 1.25 |
| Sainsbury's White Rice, Basics | 1000 | 119 | 0.1 | 25.8 | 0.45 |
| Sainsbury's Brown Rice | 1000 | 119 | 0.2 | 22.6 | 1.70 |
| Waitrose Duchy Organic whole grain | 1000 | 119 | 0.3 | 22.5 | 3.29 |
| Iceland 4 Golden Savoury Rice Steam Bags | 600 | 120 | 0.1 | 21.4 | 2.00 |
| Sainsbury's Steamed Egg Fried | 380 | 122 | 0.4 | 22 | 1.10 |
| Waitrose LOVE life basmati brown | 1000 | 122 | 0.3 | 22.8 | 3.05 |
| ASDA 2 Steam Bags Golden Vegetable | 400 | 126 | 0.2 | 22 | 1.25 |
| ASDA White Basmati Rice | 1000 | 127 | 0.2 | 27 | 1.44 |
| Tesco Micro Rice Mexican Inspired | 600 | 130 | 0.1 | 25.5 | 1.75 |
| Tesco Chickpea Bulgur Wheat And Mixed Vegetables | 600 | 130 | 0.3 | 21 | 2.00 |
| ASDA 2 Steam Bags Egg Fried Rice with Peas | 400 | 132 | 0.3 | 25 | 1.25 |
| Tesco Micro Rice Egg Fried | 600 | 135 | 0.2 | 26.2 | 1.75 |
| Iceland 6 White Rice Steam Bags 1.2Kg | 1200 | 136 | 0.0 | 31.1 | 1.89 |
| Veetee Brown Basmati | 1000 | 138 | 0.3 | 28.9 | 3.00 |
| ASDA 4 Steam Bags Long Grain | 800 | 140 | 0.1 | 31 | 1.75 |
| Morrisons 4 White Rice | 800 | 140 | 0.1 | 31.1 | 1.75 |
| Sainsbury's White Rice Microwavable Bags x4 | 800 | 140 | 0.1 | 31.1 | 1.50 |
| ASDA Long Grain White | 1000 | 141 | 0.1 | 31 | 1.49 |
| ASDA 4 Steam Bags Wholegrain | 800 | 141 | 0.2 | 29 | 1.50 |
| ASDA Easy Cook Long Grain Brown Rice | 1000 | 142 | 0.3 | 29 | 1.09 |
| ASDA Long Grain Brown | 1000 | 142 | 0.3 | 29 | 1.49 |
| Morrisons 4 Wholegrain Rice | 600 | 142 | 0.2 | 29.2 | 1.75 |
| Tesco Micro Rice Long Grain White Rice 4 X 200G | 800 | 144 | 0.1 | 31.5 | 1.75 |
| ASDA Easy Cook Basmati White Rice | 1000 | 145 | 0.1 | 32 | 1.44 |
| Tesco 4 Steam Bags Whole Grain | 600 | 149 | 0.2 | 30.7 | 1.75 |
| Grower Harvest Long Grain | 1000 | 153 | 0.1 | 33.1 | 0.45 |
| Uncle Ben's Long Grain | 1000 | 154 | 0.0 | 33.7 | 2.98 |
| Uncle Ben's Boil in the Bag Long Grain | 1000 | 154 | 0.0 | 33.7 | 4.98 |
| essential Waitrose easy cook long grain | 1000 | 156 | 0.1 | 34.7 | 1.25 |
| essential Waitrose long grain | 1000 | 156 | 0.1 | 34.7 | 1.25 |
| essential Waitrose white rice x 4 bags | 720 | 156 | 0.1 | 34.7 | 1.40 |
| ASDA Easy Cook Long Grain White | 1000 | 158 | 0.1 | 35 | 0.94 |
| ASDA Brown Basmati | 1000 | 165 | 0.3 | 33 | 1.77 |
| Uncle Bens Microwave Tomato and Basil | 250 | 168 | 0.4 | 30.4 | 1.00 |
| ASDA Smart Price Long Grain Rice | 1000 | 171 | 0.3 | 34 | 0.45 |
| Iceland Takeaway Pilau | 350 | 173 | 0.2 | 33.5 | 1.00 |
| Iceland Takeaway Special Fried Rice | 350 | 183 | 0.6 | 24.4 | 1.59 |
| Morrisons Pea & Spinach Risotto | 500 | 202 | 2.2 | 32 | 1.75 |
| Iceland Takeaway Egg Fried  | 350 | 219 | 0.6 | 29.5 | 1.00 |
| Waitrose basmati & wild | 1000 | 343 | 0.1 | 74.3 | 4.00 |
| Royal Umbrella Thai Jasmine | 1000 | 347 | 0.0 | 81.6 | 2.10 |
| Tesco Arborio Risotto | 1000 | 347 | 0.2 | 77.2 | 2.00 |
| Tesco Finest Basmati | 1000 | 349 | 0.3 | 76 | 3.00 |
| Tilda Pure Basmati | 1000 | 351 | 0.2 | 77.7 | 4.99 |
| Tilda Wholegrain Basmati | 1000 | 351 | 0.6 | 71.2 | 4.99 |
| Akash Basmati Rice | 1000 | 351 | 0.2 | 78.6 | 1.50 |
| Tesco Thai Fragrant Long Grain | 1000 | 352 | 0.3 | 77.3 | 2.00 |
| Tesco Easy Cook Long Grain | 1000 | 353 | 0.3 | 78 | 1.20 |
| Amira superior aromatic | 1000 | 354 | 0.0 | 78.5 | 4.75 |
| Tesco Basmati | 1000 | 356 | 0.2 | 77.4 | 1.60 |
| Tesco Easy Cook Brown | 1000 | 356 | 0.6 | 74 | 1.50 |
| Amira pure basmati | 1000 | 358 | 0.0 | 79.5 | 4.79 |
| Arirang Sushi Rice | 1000 | 360 | 0.3 | 82 | 3.11 |
| Bodrum Tosya Rice | 1000 | 364 | 0.1 | 78.9 | 2.09 |

* Values Shown Per 100 Grams

Supermarkets Tested

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| 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*