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| Food: | Pasta Bake Sauce |

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| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| ASDA Bolognese Pasta Sauce | 500 | 175.0 | 1.0 | 29.5 | 0.64 |
| ASDA Tomato & Garlic Pasta Sauce | 500 | 210.0 | 0.1 | 39.0 | 0.64 |
| ASDA Red Lasagne Sauce | 500 | 215.0 | 1.0 | 35.0 | 0.64 |
| ASDA Spicy Tomato Pasta Sauce | 500 | 215.0 | 1.0 | 33.5 | 0.64 |
| Dolmio Lasagne Sauce Red Tomato | 500 | 230.0 | 0.1 | 45.0 | 1.75 |
| ASDA Tomato & Chunky Vegetable Pasta Sauce | 500 | 230.0 | 1.0 | 37.0 | 0.64 |
| Dolmio Mediterranean Vegetable Pasta Bake Sauce | 500 | 260.0 | 1.0 | 40.5 | 1.75 |
| Dolmio Tomato & Cheese Pasta Bake | 500 | 290.0 | 4.5 | 42.5 | 1.75 |
| essential Waitrose creamy tomato pasta bake | 555 | 333.0 | 13.3 | 26.6 | 1.55 |
| Cucina pasta bake cheese and bacon (aldi)  | 480 | 344 | 4 | 20 | 0.55 |
| Cucina pasta bake Tuna (aldi)  | 495 | 347 | 4 | 29.5 | 0.55 |
| Homepride Pasta Bake Cheese & Bacon | 485 | 378.3 | 5.3 | 20.9 | 1.50 |
| Homepride Pasta Bake Spicy Tomato & Pepperoni | 485 | 388.0 | 3.9 | 43.2 | 1.50 |
| Tesco Pasta Bake Creamy Tomato And Herb | 500 | 405.0 | 6.0 | 27.0 | 0.75 |
| ASDA Tomato and Bacon Pasta Bake | 480 | 408.0 | 4.3 | 37.0 | 0.75 |
| Homepride Pasta Bake Creamy Tuna | 485 | 417.1 | 2.9 | 34.9 | 1.50 |
| Tesco Free From Tom And Basil Bake | 500 | 420.0 | 7.5 | 38.5 | 1.30 |
| ASDA Cheese & Bacon Pasta Bake | 480 | 441.6 | 5.8 | 34.6 | 0.75 |
| Dolmio Creamy Tomato Pasta Bake | 500 | 450.0 | 8.5 | 44.0 | 1.75 |
| Homepride Pasta Bake Cheesy | 485 | 465.6 | 9.2 | 27.6 | 1.50 |
| ASDA Chilli Cheese Pasta Bake | 495 | 485.1 | 4.5 | 49.5 | 0.79 |
| Homepride Pasta Bake Tomato & Herb | 485 | 504.4 | 3.4 | 34.9 | 1.50 |
| Homepride Pasta Bake Tomato & Bacon | 485 | 509.3 | 6.3 | 34.9 | 1.50 |
| Homepride Pasta Bake Tomato, Garlic & Chilli | 485 | 514.1 | 2.4 | 46.1 | 1.50 |
| Sainsbury's Pasta Bake Sauce Spicy Pepperoni | 510 | 515.1 | 4.6 | 40.8 | 0.65 |
| ASDA Spicy Tomato & Pepperoni Pasta Bake | 500 | 555.0 | 5.5 | 47.5 | 0.79 |
| ASDA Tuna Pasta Bake Cooking Sauce | 480 | 585.6 | 5.3 | 38.4 | 0.79 |
| Dolmio Carbonara Pasta Bake Sauce | 480 | 595.2 | 15.8 | 25.4 | 1.75 |
| Tesco Mac & Cheese Pasta Bake Sauce | 460 | 611.8 | 15.2 | 29.4 | 0.85 |
| Sainsbury's Creamy Tomato Pasta Bake | 480 | 633.6 | 11.0 | 35.5 | 0.65 |
| ASDA Creamy Tomato Pasta Bake | 500 | 650.0 | 12.5 | 29.0 | 0.75 |
| ASDA Macaroni Cheese Pasta Bake | 485 | 674.2 | 13.6 | 39.8 | 0.79 |
| Sainsbury's Pasta Bake Sauce Macaroni Cheese | 485 | 722.7 | 14.1 | 33.5 | 0.65 |

* Values Shown Per Full Jar

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*