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| Food: | Pot Snacks |

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| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| Sainsbury's Pasta Pot, Tomato & Herb | 71 | 214 | 0.5 | 42.2 | 0.75 |
| Sainsbury's Pasta Pot, Creamy Chicken | 61 | 233 | 1.3 | 42.2 | 0.75 |
| Batchelors Pasta 'n' Sauce Pot Chicken & Mushroom | 65 | 239 | 0.3 | 50.7 | 1.00 |
| Batchelors Pasta 'n' Sauce Pot Mac 'n' Cheese | 65 | 246 | 1.8 | 44.7 | 1.00 |
| Batchelors Pasta 'n' Sauce Pot Cheese & Pancetta | 65 | 247 | 1.8 | 45.5 | 1.00 |
| Batchelors Pasta 'n' Sauce Pot Cheese & Broccoli | 65 | 247 | 1.8 | 45.4 | 1.00 |
| Sharwoods Chicken Chow Mein Noodle Pot | 70 | 253 | 0.3 | 46.7 | 1.50 |
| Pot Pasta Snack, Tomato Mozzarella | 72 | 258 | 1.9 | 46 | 1.20 |
| ASDA Slimzone Singapore Noodle Snack Pot | 71 | 264 | 0.5 | 47 | 0.70 |
| Naked Noodle Japanese Teriyaki | 78 | 265 | 0.7 | 51.2 | 1.15 |
| Naked Noodle Vietnamese Beef Pho | 78 | 267 | 0,.3 | 50.1 | 1.15 |
| Pot Pasta Macaroni Cheese Snack Pot | 62 | 269 | 5.8 | 36 | 1.00 |
| ASDA Slimzone Teriyaki Noodle Snack Pot | 72 | 269 | 0.4 | 50 | 0.70 |
| Pot Pasta Macaroni Cheese Snack | 62 | 269 | 5.8 | 36 | 1.00 |
| Naked Noodle Chinese Chow Mein | 78 | 269 | 0.6 | 51.7 | 1.15 |
| Naked Noodle Singapore Curry | 78 | 270 | 0.7 | 51.8 | 1.15 |
| Naked Noodle Thai Sweet Chilli | 78 | 271 | 0.6 | 52.8 | 1.15 |
| Naked Noodle Soup Ramen Chinese Hot & Sour | 80 | 272 | 0.1 | 59.1 | 1.00 |
| Naked Noodle Cantonese Hoisin Duck | 78 | 273 | 0.6 | 53 | 1.15 |
| Sainsbury's Rice Noodle Pot Tom Yum | 74 | 273 | 0.2 | 59.5 | 0.50 |
| Prep Co. Thai Green Curry Rice & Quinoa Pot | 68 | 274 | 3.3 | 48 | 2.00 |
| Pot Pasta Snack, Creamy Carbonara | 62 | 275 | 7.1 | 34 | 1.20 |
| Sharwoods Sweet Chilli Chicken Noodle Pot | 75 | 276 | 0.3 | 52.0 | 1.50 |
| Naked Noodle Egg Noodles Thai Red Curry | 78 | 277 | 1.6 | 49.7 | 1.15 |
| Sainsbury's Rice Pot Chicken Tikka | 75 | 281 | 1.7 | 54.2 | 1.05 |
| Naked Noodle Soup Ramen Malaysian Laksa | 80 | 282 | 3.1 | 53.2 | 1.00 |
| ASDA Free From Singapore Curry Rice Noodle Pot | 75 | 283 | 0.5 | 61 | 1.00 |
| Hearty Food Co Spicy Curry Noodle Pot | 70 | 283 | 3.6 | 45.3 | 0.28 |
| Sainsbury's Rice Noodle Pot Chicken | 74 | 284 | 1.8 | 56.4 | 0.50 |
| Pot Rice Chicken Risotto Snack Pot \*\* carb error at asda | 75 | 288 | 4.3 | 48 | 1.00 |
| Pot Pasta Snack, Cheesy Broccoli | 69 | 288 | 5.9 | 38 | 1.20 |
| Pot Rice Chicken Risotto Snack | 75 | 288 | 4.3 | 48 | 1.00 |
| ASDA Free From Chow Mein Rice Noodle Pot | 75 | 290 | 0.4 | 63 | 1.00 |
| ASDA Free From Fiery Chilli Rice Noodle Pot | 75 | 293 | 0.3 | 65 | 1.00 |
| Tesco Free From Curry Noodle Pot | 74 | 293 | 0.5 | 62.5 | 1.50 |
| Naked Noodle Egg Noodles Chinese Szechuan | 78 | 294 | 0.5 | 57.5 | 1.15 |
| Sharwoods Sweet And Sour Noodle Pot | 83 | 296 | 0.3 | 62.3 | 1.50 |
| Prep Co. Indian Spiced Lentils & Rice Po | 72 | 296 | 4.7 | 42 | 2.00 |
| ASDA Slimzone Chow Mein Noodle Snack Pot | 74 | 298 | 0.4 | 56 | 0.70 |
| Naked Noodle Chinese Firecracker Chicken | 78 | 300 | 0.7 | 59.2 | 1.15 |
| Kabuto Noodles miso ramen pot | 85 | 300 | 0.9 | 56 | 2.00 |
| Naked Noodle Thai Green Curry | 78 | 305 | 2.4 | 53.6 | 1.15 |
| Pot Rice Chicken Teriyaki Snack Pot | 81 | 308 | 2 | 61 | 1.00 |
| Pot Rice Chicken Teriyaki Snack | 81 | 308 | 2.0 | 61 | 1.00 |
| Kabuto Noodles beef pho pot | 85 | 309 | 0.9 | 58 | 2.00 |
| Kabuto noodles chilli chicken ramen pot | 85 | 327 | 0.9 | 60 | 2.00 |
| Pot Rice Vegetable Curry Snack Pot | 87 | 330 | 3.7 | 57 | 1.00 |
| Pot Rice Vegetable Curry Snack | 87 | 330 | 3.7 | 57 | 1.00 |
| Batchelors Super Noodles Curry | 75 | 351 | 7.6 | 46.1 | 1.00 |
| Batchelors Super Noodles Bacon | 75 | 351 | 7.6 | 46.4 | 1.00 |
| Batchelors Super Noodles Chicken | 75 | 353 | 7.5 | 47 | 1.00 |
| Batchelors Super Noodles BBQ Beef | 75 | 354 | 7.6 | 46.5 | 1.00 |
| Naked Noodle Malaysian Mee Goreng | 104 | 357 | 0.6 | 70.4 | 1.00 |
| Naked Noodle Singapore Curry | 104 | 359 | 0.4 | 70.3 | 1.00 |
| Batchelors Super Noodles Flamin' Curry | 77 | 360 | 7.5 | 47.7 | 1.00 |
| Naked Noodle Thai Fiery Chicken Panang | 104 | 364 | 1.3 | 69.1 | 1.00 |
| Batchelors Super Noodles Sweet Chilli | 79 | 368 | 7.6 | 50.6 | 1.00 |
| Morrison Curry Noodle Pot | 90 | 368 | 4.0 | 62.2 | 0.47 |
| Morrison Chicken & Mushroom Noodle Pot | 90 | 372 | 3.9 | 63.3 | 0.47 |
| Naked Noodle Thai Green Curry | 104 | 377 | 3.5 | 66 | 1.00 |
| Morrison Beef & Tomato Noodle Pot | 90 | 377 | 4.1 | 64.1 | 0.47 |
| Batchelors Super Noodles Sweet & Sour | 82 | 379 | 7.5 | 53.5 | 1.00 |
| John West Steam Pot Tuna Infusions with Jalepenos & Spicy Red Pepper Cous Cous | 150 | 390 | 1.1 | 50.4 | 1.75 |
| Pot Noodle Pulled Pork | 90 | 426 | 7.6 | 61 | 1.00 |
| Pot Noodle Chinese Chow Mein | 90 | 430 | 7.9 | 58 | 1.00 |
| Pot Noodle Chicken & Mushroom | 90 | 459 | 9.0 | 62.7 | 1.00 |
| Pot Noodle Beef & Tomato | 90 | 461 | 8.5 | 62 | 1.00 |
| Pot Noodle Sticky Rib | 90 | 461 | 8.2 | 65 | 1.00 |
| Pot Noodle Chilli Beef | 90 | 461 | 8.6 | 62 | 1.00 |
| Pot Noodle Bombay Bad Boy | 90 | 463 | 8.5 | 63 | 1.00 |
| Pot Noodle Chicken Korma | 90 | 463 | 8.6 | 62 | 1.00 |
| Pot Noodle Sweet & Sour | 90 | 466 | 8.5 | 66 | 1.00 |
| Pot Noodle Original Curry | 90 | 471 | 8.4 | 67 | 1.00 |

* Values Shown Is Per Prepared Pot!

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*