|  |  |
| --- | --- |
| Food: | Leek And Potato Soup |

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price |
| Morrisons Canned | 400 | 156 | 2.4 | 26.0 | 0.45 |
| Tesco Canned | 400 | 162 | 2.4 | 23.6 | 0.45 |
| ASDA Canned | 400 | 164 | 2.0 | 28.0 | 0.45 |
| Heinz Soup Of The Day | 400 | 168 | 4.4 | 24.0 | 1.40 |
| Sainsburys | 400 | 184 | 1.2 | 26.8 | 0.40 |
| Crosse & Blackwell Best of British Canned | 400 | 184 | 5.2 | 21.6 | 1.07 |
| Heinz Canned | 400 | 196 | 4.4 | 28.4 | 0.95 |
| Baxter’s Favourites Canned | 400 | 208 | 1.2 | 28.8 | 1.07 |
| ASDA Good & Balanced | 500 | 275 | 0.0 | 52.5 | 1.00 |
| Waitrose (TUB) | 600 | 276 | 6.0 | 33.0 | 1.99 |
| New Covent Garden Carton | 600 | 330 | 3.6 | 29.4 | 2.00 |

Supermarkets Tested

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ASDA | Tesco | Morrisons | Sainsburys | Waitrose | Able & Cole | ICELAND |
| YES | YES | YES | YES | YES | N/A | N/A |

*N/A Indicates Either Nutrition Information Not Available On The Company’s Website Or The Company Doesn’t Supply This Brand*

# Home Cooked Version

Nutrition Shown In Video

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Home Cooked | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price |
| Leek And Potato Soup | Per Serving | 61 | 0 | 17.1 | 1.20 |