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| Food: | Chicken and Vegetable Soup |

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| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| Heinz Eat Well Chicken, Vegetable & Quinoa | 400 | 160.0 | 0.2 | 29.6 | 1.07 |
| Crosse & Blackwell Best of British | 400 | 164.0 | 2.4 | 20.0 | 1.07 |
| Baxters Favourites Chicken & Vegetable | 400 | 164.0 | 0.4 | 25.2 | 1.07 |
| Slimming World Free Food | 500 | 170.0 | 0.5 | 16.5 | 2.00 |
| ASDA Chunky Chicken & Vegetable | 400 | 180.0 | 0.8 | 17.2 | 0.63 |
| Baxters Hearty Chicken & Vegetable | 400 | 184.0 | 0.4 | 30.4 | 1.48 |
| Morrisons Chunky Chicken & Vegetable | 400 | 184.0 | 0.8 | 19.2 | 0.75 |
| Sainsbury's Chunky Chicken & Vegetable | 400 | 184.0 | 0.8 | 22.0 | 0.60 |
| Heinz Chicken & Vegetable Big Soup | 400 | 200.0 | 0.8 | 29.6 | 1.07 |
| Tesco Chunky Chicken And Vegetable | 400 | 200.0 | 0.8 | 22.4 | 0.75 |

Supermarkets Tested

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| ASDA | Tesco | Morrisons | Sainsburys | Waitrose | Able & Cole | ICELAND |
| YES | YES | YES | YES | YES | n/a | YES |

*N/A Indicates Either Nutrition Information Not Available on the Company’s Website or the Company Doesn’t Supply This Brand*