|  |  |
| --- | --- |
| Food: | Minestrone Soup |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| Heinz Minestrone | 400 | 128.0 | 0.0 | 24.8 | 0.95 |
| Morrisons Minestrone | 400 | 136.0 | 0.4 | 22.8 | 0.45 |
| ASDA Minestrone | 400 | 148.0 | 0.2 | 25.2 | 0.45 |
| Sainsbury's Minestrone | 400 | 156.0 | 0.2 | 24.8 | 0.40 |
| Baxters Vegetarian Minestrone | 400 | 160.0 | 0.2 | 26.8 | 1.07 |
| Tesco Minestrone | 400 | 160.0 | 0.4 | 28.8 | 0.45 |
| Baxters Favourites Minestrone | 400 | 168.0 | 0.8 | 28.0 | 1.07 |
| Slimming World Free Food Minestrone | 500 | 180.0 | 0.0 | 29.5 | 2.00 |
| Auga Organic | 400 | 232.0 | 0.8 | 24.4 | 2.20 |

Supermarkets Tested

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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*