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| Food: | Pea And Ham Soup |

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| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| ASDA Classic Pea & Ham | 400 | 164.0 | 0.8 | 20.4 | 0.45 |
| Morrisons Pea & Ham | 400 | 164.0 | 0.8 | 20.4 | 0.45 |
| Sainsbury's Pea & Ham | 400 | 184.0 | 1.6 | 21.6 | 0.40 |
| Baxters Favourites Pea & Ham | 400 | 200.0 | 0.8 | 26.4 | 1.07 |
| Tesco Pea And Ham | 400 | 212.0 | 0.8 | 27.6 | 0.45 |
| Heinz Pea & Ham | 400 | 256.0 | 0.8 | 38.4 | 0.95 |
| Crosse & Blackwell Best of British | 400 | 284.0 | 4.0 | 32.8 | 1.05 |

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*