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| Food: | Mushroom Soup |

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| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| Amy's Kitchen Organic Cream Of Mushroom | 400 | 188 | 6 | 20 | 1.10 |
| ASDA Cream Of Mushroom | 400 | 208 | 2.4 | 23.2 | 0.39 |
| Heinz Cream Of Mushroom | 400 | 212 | 1.6 | 21.2 | 0.95 |
| Sainsbury's Cream Of Mushroom | 400 | 216 | 2.4 | 17.2 | 0.40 |
| Tesco Cream Of Mushroom | 400 | 240 | 2.04 | 23.12 | 0.45 |
| Essential Waitrose Cream Of Mushroom | 400 | 240 | 4.8 | 16.8 | 0.52 |
| Baxters Favourites, Cream Of Mushroom | 400 | 244 | 7.2 | 22 | 1.10 |
| Cully And Sully Mushroom | 400 | 264 | 12.8 | 9.2 | 1.50 |
| Campbell's Cream Of Mushroom | 295 | 268.5 | 2.4 | 19.5 | 1.00 |

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*

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| Have you used this brand compare Form to check your own purchases?IF you have, why not email it to wecantspellsuccesswithoutyou@gmail.com so It can be shared with others on the [WWW.NADIET.INFO](http://WWW.NADIET.INFO) website!! |