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| --- | --- |
| Food: | Cheese, Tomatoes And Pasta / Pasta Bake |

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| Morrisons Counted Tuna Pasta Bake | 350 | 294.0 | 1.1 | 38.5 | 1.40 |
| Sainsbury's Tomato & Mozzarella Pasta | 400 | 472.0 | 4.8 | 64.4 | 2.00 |
| ASDA Smart Price Bolognese Pasta Bake | 400 | 476.0 | 7.6 | 56.0 | 1.10 |
| Sainsbury's Tuna Pasta Melt | 400 | 488.0 | 7.6 | 56.4 | 2.00 |
| ASDA Cheese & Tomato Pasta Bake | 400 | 504.0 | 3.2 | 84.0 | 0.90 |
| Morrisons Italian Tuna Pasta Bake | 400 | 524.0 | 6.4 | 56.0 | 2.50 |
| Tesco Tuna Pasta Bake | 450 | 531.0 | 5.0 | 67.5 | 2.50 |
| Morrisons Chicken Arrabiata & Tomato Pasta Bake | 400 | 532.0 | 2.8 | 76.8 | 1.40 |
| Tesco Tomato And Mozzarella Pasta Bake | 450 | 535.5 | 5.9 | 76.5 | 2.50 |
| Sainsbury's Chicken & Bacon Pasta | 400 | 536.0 | 7.2 | 61.6 | 2.00 |
| Hearty Food Co Cheese & Tomato Pasta | 400 | 548.0 | 2.8 | 94.8 | 0.65 |
| Waitrose Italian Tuna Pasta Bake | 400 | 600.0 | 7.2 | 66.0 | 2.75 |
| Waitrose Italian Sausage Pasta Bake | 400 | 608.0 | 8.0 | 81.6 | 2.75 |
| Sainsbury's Taste the Difference Chicken & Bacon Pasta Bake | 375 | 611.3 | 13.1 | 49.9 | 3.00 |
| Morrisons Italian Meat Feast Pasta Bake | 400 | 624.0 | 14.8 | 56.8 | 2.50 |
| Tesco Pepperoni Pasta Bake | 450 | 630.0 | 8.6 | 80.6 | 2.50 |
| Tesco Pepperoni Pasta Bake | 450 | 630.0 | 8.6 | 80.6 | 2.50 |
| Morrisons Italian Chicken & Bacon Pasta Bake | 400 | 636.0 | 11.2 | 68.8 | 2.50 |
| Morrisons Italian Sausage Pasta Bake | 400 | 648.0 | 6.0 | 82.4 | 2.50 |
| Tesco Chicken & Bacon Pasta Bake | 450 | 657.0 | 10.4 | 67.5 | 2.50 |
| Iceland Spicy Chilli Beef Pasta Bake | 400 | 696.0 | 14.0 | 68.8 | 1.59 |
| Waitrose Italian Beef Bolognese Pasta Bake | 400 | 716.0 | 13.6 | 72.0 | 2.75 |

* Values shown per Meal

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| Morrisons Counted Tuna Pasta Bake | 350 | 84 | 0.3 | 11 | 1.40 |
| Tesco Tuna Pasta Bake | 450 | 118 | 1.1 | 15 | 2.50 |
| Sainsbury's Tomato & Mozzarella Pasta | 400 | 118 | 1.2 | 16.1 | 2.00 |
| Tesco Tomato And Mozzarella Pasta Bake | 450 | 119 | 1.3 | 17 | 2.50 |
| ASDA Smart Price Bolognese Pasta Bake | 400 | 119 | 1.9 | 14 | 1.10 |
| Sainsbury's Tuna Pasta Melt | 400 | 122 | 1.9 | 14.1 | 2.00 |
| ASDA Cheese & Tomato Pasta Bake | 400 | 126 | 0.8 | 21 | 0.90 |
| Morrisons Italian Tuna Pasta Bake | 400 | 131 | 1.6 | 14 | 2.50 |
| Morrisons Chicken Arrabiata & Tomato Pasta Bake | 400 | 133 | 0.7 | 19.2 | 1.40 |
| Sainsbury's Chicken & Bacon Pasta | 400 | 134 | 1.8 | 15.4 | 2.00 |
| Hearty Food Co Cheese & Tomato Pasta | 400 | 137 | 0.7 | 23.7 | 0.65 |
| Tesco Pepperoni Pasta Bake | 450 | 140 | 1.9 | 17.9 | 2.50 |
| Tesco Pepperoni Pasta Bake | 450 | 140 | 1.9 | 17.9 | 2.50 |
| Tesco Chicken & Bacon Pasta Bake | 450 | 146 | 2.3 | 15 | 2.50 |
| Waitrose Italian Tuna Pasta Bake | 400 | 150 | 1.8 | 16.5 | 2.75 |
| Waitrose Italian Sausage Pasta Bake | 400 | 152 | 2 | 20.4 | 2.75 |
| Morrisons Italian Meat Feast Pasta Bake | 400 | 156 | 3.7 | 14.2 | 2.50 |
| Morrisons Italian Chicken & Bacon Pasta Bake | 400 | 159 | 2.8 | 17.2 | 2.50 |
| Morrisons Italian Sausage Pasta Bake | 400 | 162 | 1.5 | 20.6 | 2.50 |
| Sainsbury's Taste the Difference Chicken & Bacon Pasta Bake | 375 | 163 | 3.5 | 13.3 | 3.00 |
| Iceland Spicy Chilli Beef Pasta Bake | 400 | 174 | 3.5 | 17.2 | 1.59 |
| Waitrose Italian Beef Bolognese Pasta Bake | 400 | 179 | 3.4 | 18 | 2.75 |

* Values shown per 100 grams

Supermarkets Tested

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| ASDA | Tesco | Morrisons | Sainsburys | Waitrose | Iceland |
| YES | YES | YES | YES | YES | YES |

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