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| Food: | Tikka Masala with Pilau Rice |

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| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| Tesco Healthy Living Chicken Tikka Masala & Pilau Rice | 400 | 408.0 | 2.0 | 59.2 | 2.50 |
| Waitrose LoveLife Calorie Controlled chicken tikka masala with pilau rice | 400 | 444.0 | 2.0 | 63.6 | 3.50 |
| Tesco Vegetable Tikka Masala With Rice | 450 | 508.5 | 5.9 | 68.9 | 2.50 |
| Tesco Chicken Tikka Masala Pilau Rice | 400 | 512.0 | 6.0 | 52.4 | 1.60 |
| ASDA Prawn Tikka Masala with Pilau Rice | 400 | 516.0 | 3.2 | 84.0 | 1.65 |
| Sainsbury's Indian Chicken Tikka Masala with Pilau Rice | 400 | 560.0 | 6.4 | 61.6 | 2.25 |
| Morrisons Indian Hot Chicken Tikka Masala & Pilau Rice | 450 | 576.0 | 8.1 | 52.7 | 2.50 |
| Patak's Chicken Tikka Masala with Pilau Rice | 400 | 584.0 | 3.6 | 70.8 | 1.75 |
| ASDA Indian Chicken Tikka Masala with Pilau Rice | 400 | 596.0 | 4.0 | 88.0 | 1.50 |
| ASDA Chicken Tikka Masala with Pilau Rice | 400 | 596.0 | 6.0 | 72.0 | 2.10 |
| Iceland Chicken Tikka Masala with Pilau Rice | 400 | 608.0 | 2.0 | 94.0 | 1.65 |
| Waitrose chicken tikka masala with pilau rice | 400 | 624.0 | 11.2 | 53.6 | 3.50 |
| ASDA Extra Special Chicken Tikka Masala & Pilau Rice | 400 | 636.0 | 11.6 | 60.0 | 3.50 |
| Morrisons Indian Chicken Tikka Masala & Pilau Rice | 450 | 675.0 | 9.5 | 73.4 | 2.50 |
| Charlie Bigham's Chicken Tikka Masala & Pilau Rice for 1 | 403 | 737.5 | 24.2 | 61.7 | 4.85 |

* 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) |
| Tesco Healthy Living Chicken Tikka Masala & Pilau Rice | 400 | 102 | 0.5 | 14.8 | 2.50 |
| Waitrose LoveLife Calorie Controlled chicken tikka masala with pilau rice | 400 | 111 | 0.5 | 15.9 | 3.50 |
| Tesco Vegetable Tikka Masala With Rice | 450 | 113 | 1.3 | 15.3 | 2.50 |
| Morrisons Indian Hot Chicken Tikka Masala & Pilau Rice | 450 | 128 | 1.8 | 11.7 | 2.50 |
| Tesco Chicken Tikka Masala Pilau Rice | 400 | 128 | 1.5 | 13.1 | 1.60 |
| ASDA Prawn Tikka Masala with Pilau Rice | 400 | 129 | 0.8 | 21 | 1.65 |
| Sainsbury's Indian Chicken Tikka Masala with Pilau Rice | 400 | 140 | 1.6 | 15.4 | 2.25 |
| Patak's Chicken Tikka Masala with Pilau Rice | 400 | 146 | 0.9 | 17.7 | 1.75 |
| ASDA Indian Chicken Tikka Masala with Pilau Rice | 400 | 149 | 1 | 22 | 1.50 |
| ASDA Chicken Tikka Masala with Pilau Rice | 400 | 149 | 1.5 | 18 | 2.10 |
| Morrisons Indian Chicken Tikka Masala & Pilau Rice | 450 | 150 | 2.1 | 16.3 | 2.50 |
| Iceland Chicken Tikka Masala with Pilau Rice | 400 | 152 | 0.5 | 23.5 | 1.65 |
| Waitrose chicken tikka masala with pilau rice | 400 | 156 | 2.8 | 13.4 | 3.50 |
| ASDA Extra Special Chicken Tikka Masala & Pilau Rice | 400 | 159 | 2.9 | 15 | 3.50 |
| Charlie Bigham's Chicken Tikka Masala & Pilau Rice for 1 | 403 | 183 | 6 | 15.3 | 4.85 |

* 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*