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| Food: | Chicken Curry And Rice (Excluding Indian Flavours) |

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| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| ASDA Smart Price Chicken Curry & Rice | 400 | 300.0 | 2.8 | 36.4 | 1.10 |
| Tesco Health Chicken Curry And Rice | 350 | 322.0 | 2.8 | 50.1 | 1.20 |
| ASDA Good & Counted Chinese Chicken Curry & Rice | 350 | 322.0 | 3.2 | 52.5 | 1.05 |
| ASDA Good & Balanced Chicken Katsu Curry and Rice | 380 | 399.0 | 3.8 | 41.8 | 3.00 |
| Kershaws Chip Shop Chicken Curry with Rice & Chips | 460 | 473.8 | 1.4 | 76.4 | 1.65 |
| Tesco Finest Thai Green Chicken Curry & Coconut Jasmine Rice | 410 | 508.4 | 7.4 | 60.3 | 3.50 |
| Hearty Food Co. Chicken Curry With Rice | 400 | 512.0 | 7.6 | 73.2 | 0.65 |
| Morrisons Chicken Curry & Rice | 400 | 524.0 | 6.0 | 82.8 | 1.00 |
| Morrisons Thai Green Chicken Curry & Rice | 400 | 524.0 | 10.0 | 66.0 | 1.80 |
| Iceland Chicken Curry with Rice | 500 | 585.0 | 8.0 | 85.0 | 1.00 |
| Iceland Chinese Chicken Curry with Rice | 400 | 588.0 | 3.6 | 69.2 | 1.65 |
| ASDA Chicken Curry & Rice | 400 | 592.0 | 10.0 | 72.0 | 0.90 |
| Charlie Bigham's Thai Red Chicken Curry & Rice | 418 | 606.1 | 18.8 | 56.8 | 4.85 |
| Tesco Green Thai Chicken Curry & Rice | 450 | 616.5 | 6.3 | 93.6 | 2.50 |
| Wasabi Sushi & Bento Thai Green Chicken Curry with Rice | 450 | 621.0 | 20.3 | 63.5 | 4.00 |
| Tesco Finest Thai Red Chicken Curry & Coconut Jasmine Rice | 440 | 646.8 | 9.2 | 76.6 | 3.50 |
| Hungry Joe's Chicken Curry with Rice & Naan | 600 | 768.0 | 9.6 | 114.0 | 2.20 |

* 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) |
| ASDA Smart Price Chicken Curry & Rice | 400 | 75 | 0.7 | 9.1 | 1.10 |
| Tesco Health Chicken Curry And Rice | 350 | 92 | 0.8 | 14.3 | 1.20 |
| ASDA Good & Counted Chinese Chicken Curry & Rice | 350 | 92 | 0.9 | 15 | 1.05 |
| Kershaws Chip Shop Chicken Curry with Rice & Chips | 460 | 103 | 0.3 | 16.6 | 1.65 |
| ASDA Good & Balanced Chicken Katsu Curry and Rice | 380 | 105 | 1.0 | 11 | 3.00 |
| Iceland Chicken Curry with Rice | 500 | 117 | 1.6 | 17 | 1.00 |
| Tesco Finest Thai Green Chicken Curry & Coconut Jasmine Rice | 410 | 124 | 1.8 | 14.7 | 3.50 |
| Hearty Food Co. Chicken Curry With Rice | 400 | 128 | 1.9 | 18.3 | 0.65 |
| Hungry Joe's Chicken Curry with Rice & Naan | 600 | 128 | 1.6 | 19 | 2.20 |
| Morrisons Chicken Curry & Rice | 400 | 131 | 1.5 | 20.7 | 1.00 |
| Morrisons Thai Green Chicken Curry & Rice | 400 | 131 | 2.5 | 16.5 | 1.80 |
| Tesco Green Thai Chicken Curry & Rice | 450 | 137 | 1.4 | 20.8 | 2.50 |
| Wasabi Sushi & Bento Thai Green Chicken Curry with Rice | 450 | 138 | 4.5 | 14.1 | 4.00 |
| Charlie Bigham's Thai Red Chicken Curry & Rice | 418 | 145 | 4.5 | 13.6 | 4.85 |
| Tesco Finest Thai Red Chicken Curry & Coconut Jasmine Rice | 440 | 147 | 2.1 | 17.4 | 3.50 |
| Iceland Chinese Chicken Curry with Rice | 400 | 147 | 0.9 | 17.3 | 1.65 |
| ASDA Chicken Curry & Rice | 400 | 148 | 2.5 | 18 | 0.90 |

* 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*