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| Food: | Readymade Meals - Beef Chilli And Rice |

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| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Ilumi for Kids Disney Kitchen Beef Chilli & Rice | 200 | 186.0 | 1.6 | 27.4 | 1.99 |
| Kiddylicious Little Bistro Mild Beef Chilli With Rice | 200 | 210.0 | 2.0 | 24.6 | 2.20 |
| Morrisons Fresh Ideas One Pot Pulled Beef Chilli & Rice | 360 | 414.0 | 2.2 | 53.6 | 3.26 |
| Plant Menu Jamaican style chilli beef stew (with rice) (Aldi) | 400 | 453 | 7.3 | 61.0 | 1.49 |
| LoveLife 3 Bean & Beef Chilli with Rice & Quinoa | 370 | 473.6 | 4.1 | 63.6 | 3.99 |
| Sainsbury's Beef Chilli With Coriander Rice | 450 | 589.5 | 8.1 | 67.1 | 3.50 |

* Values shown per Meal

Supermarkets Tested

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| ASDA | Tesco | Morrison’s | Sainsbury’s | Waitrose | ICELAND |
| YES | YES | YES | YES | YES | YES |