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| Food: | Readymade Meals - Beef Lasagne |

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| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| Weight Watchers from Heinz Beef Lasagne | 320 | 288.0 | 3.5 | 35.2 | 1.75 |
| Smart Price Beef Lasagne | 400 | 336.0 | 7.2 | 32.4 | 1.00 |
| Kirstys Classic Beef Lasagne | 400 | 352.0 | 4.8 | 37.6 | 3.00 |
| ASDA Calorie Counted Beef Lasagne | 380 | 364.8 | 2.7 | 49.4 | 2.40 |
| Tesco Beef Lasagne | 400 | 378.0 | 2.9 | 50.5 | 1.60 |
| ASDA Good & Counted Beef La | 400 | 380.0 | 6.4 | 56.0 | 1.00 |
| Morrisons Eat Smart Beef Lasagne | 350 | 381.5 | 5.3 | 45.9 | 1.00 |
| Sainsbury's Beef Lasagne, Be Good To Yourself | 390 | 401.7 | 5.9 | 42.1 | 2.00 |
| Morrisons Savers Beef Lasagne | 400 | 404.0 | 6.0 | 40.0 | 1.00 |
| Bisto Beef Lasagne | 375 | 412.5 | 7.1 | 49.5 | 1.25 |
| ASDA Slimzone Beef Lasagne | 500 | 435.0 | 3.5 | 36.0 | 2.00 |
| ASDA Free From Beef Lasagne | 350 | 458.5 | 10.5 | 49.0 | 2.75 |
| ASDA Beef Lasagne | 400 | 476.0 | 10.0 | 52.0 | 0.88 |
| Sainsbury's Beef Lasagne, Basics | 400 | 484.0 | 8.4 | 55.2 | 1.00 |
| Sainsbury's Beef Lasagne | 400 | 488.0 | 9.6 | 50.4 | 1.50 |
| Morrisons Beef Lasagne | 400 | 512.0 | 10.8 | 49.2 | 1.00 |
| Waitrose beef lasagne | 400 | 524.0 | 9.6 | 45.2 | 2.75 |
| ASDA Italian Beef Lasagne Al Forno | 400 | 532.0 | 11.6 | 37.2 | 1.50 |
| Sainsbury's Deliciously Free From Beef Lasagne | 400 | 536.0 | 7.6 | 58.8 | 2.50 |
| Tesco Beef And Pancetta Lasagne | 400 | 538.8 | 12.6 | 46.7 | 2.00 |
| Quorn Meat Free Classic Lasagne | 500 | 545.0 | 7.5 | 65.5 | 3.20 |
| Slimming World Free Food Beef Lasagne | 550 | 561.0 | 4.4 | 58.9 | 3.50 |
| Tesco Free From Beef Lasagne | 430 | 593.4 | 9.0 | 71.4 | 3.00 |
| ASDA Italian Beef Lasagne | 450 | 621.0 | 12.6 | 45.0 | 2.20 |
| Tesco Beef Lasagne | 450 | 652.5 | 18.5 | 45.9 | 2.50 |
| Iceland Meal For One Beef Lasagne | 500 | 670.0 | 11.5 | 64.0 | 1.00 |
| Sainsbury's Pub Specials Beef Lasagne | 450 | 670.5 | 9.9 | 82.8 | 2.50 |
| Waitrose 1 Beef Lasagne | 400 | 680.0 | 17.6 | 49.6 | 3.18 |
| Waitrose 1 beef lasagne al forno | 400 | 680.0 | 18.4 | 48.8 | 3.18 |
| Iceland Luxury Beef & Pancetta Al Forno Lasagne | 500 | 735.0 | 18.0 | 40.0 | 2.69 |

* Values shown per Meal

Supermarkets Tested

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