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| Food: | Readymade Meals - Chicken Korma and Rice |

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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 Chicken Tikka Masala With Rice | 310 | 334.8 | 2.5 | 49.0 | 1.25 |
| Waitrose Lovelife Calorie Controlled Chicken Korma & Pilau Rice | 400 | 420.0 | 2.0 | 64.4 | 3.50 |
| Tesco Free From Chicken Korma And Rice | 400 | 612.0 | 7.0 | 71.2 | 3.00 |
| ASDA Indian Chicken Korma With Pilau Rice | 400 | 624.0 | 8.4 | 84.0 | 1.50 |
| Iceland Meal For One Chicken Curry With Rice | 500 | 630.0 | 13.0 | 87.0 | 1.00 |
| Tesco Indian Chicken Korma And Rice | 450 | 643.5 | 9.9 | 51.8 | 2.50 |
| Mumtaz Halal Chicken Korma & Rice | 400 | 652.0 | 16.0 | 59.6 | 3.00 |
| Waitrose Chicken Korma & Pilau Rice | 400 | 660.0 | 17.6 | 54.0 | 3.49 |
| Sainsbury's Chicken Korma With Pilau Rice | 400 | 684.0 | 10.4 | 83.2 | 1.50 |
| Charlie Bigham's Chicken Korma And Rice | 405 | 688.5 | 21.1 | 59.5 | 4.00 |
| Asda Extra Special Chicken Korma & Pilau Rice | 400 | 732.0 | 16.0 | 64.0 | 3.50 |
| Sainsbury's Indian Chicken Korma With Pilau Rice | 450 | 742.5 | 8.6 | 89.6 | 3.00 |
| Morrisons Indian Chicken Korma & Pilau Rice | 450 | 742.5 | 13.1 | 85.5 | 2.40 |
| Tesco Finest Chicken Korma And Rice | 450 | 760.5 | 11.7 | 84.6 | 3.30 |
| ASDA Chicken Korma With Pilau Rice | 450 | 778.5 | 11.3 | 85.5 | 2.20 |
| Sainsbury's Fragrant Kashmiri Chicken Korma & Rice | 450 | 805.5 | 14.0 | 81.5 | 4.00 |

* Values shown per Meal

Supermarkets Tested

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| ASDA | Tesco | Morrison’s | Sainsbury’s | 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*