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| Food: | Readymade Meals - Macaroni Cheese |

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| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| Amy's Kitchen Gluten Free Rice Macaroni & Cheese | 227 | 356.4 | 8.9 | 40.9 | 2.20 |
| Amy's Kitchen Gluten Free Rice Macaroni & Cheese | 255 | 400.4 | 9.9 | 45.9 | 2.12 |
| Sainsbury's Macaroni Cheese, Basics | 300 | 429.0 | 8.4 | 50.1 | 1.00 |
| Morrisons Savers Macaroni Cheese | 400 | 480.0 | 8.8 | 68.8 | 1.00 |
| Smart Price Macaroni Cheese | 400 | 492.0 | 11.6 | 60.0 | 1.00 |
| Morrisons Macaroni Cheese | 400 | 504.0 | 6.8 | 73.2 | 1.07 |
| Sainsbury's Deliciously Free From Macaroni Cheese | 400 | 544.0 | 12.8 | 83.2 | 3.00 |
| Sainsbury's Love Your Veg! Macaroni Cheese & Jack Fruit | 400 | 560.0 | 11.6 | 60.4 | 2.50 |
| ASDA Macaroni Cheese | 400 | 620.0 | 9.2 | 76.0 | 0.88 |
| Iceland Meal For One Macaroni Cheese | 500 | 650.0 | 9.5 | 90.0 | 1.00 |
| Sainsbury's Macaroni Cheese | 400 | 672.0 | 18.8 | 67.6 | 2.00 |
| Iceland Luxury Crab Mac & Cheese | 450 | 693.0 | 10.8 | 81.5 | 2.69 |
| Charlie Bigham's Macaroni Cheese | 340 | 697.0 | 25.2 | 46.6 | 4.25 |
| ASDA Italian Macaroni Cheese | 450 | 738.0 | 16.7 | 85.5 | 2.20 |
| Sainsbury's Vintage Cheddar Mac & Cheese, Taste the Difference | 375 | 738.8 | 20.6 | 70.5 | 3.50 |
| Waitrose Italian Macaroni Cheese with Cauliflower & Squash | 400 | 752.0 | 16.0 | 81.2 | 2.75 |
| Tesco Macaroni Cheese | 450 | 760.1 | 15.8 | 97.2 | 2.50 |
| ASDA Free From Macaroni Cheese | 400 | 772.0 | 14.8 | 108.0 | 2.40 |
| Waitrose macaroni cheese | 400 | 772.0 | 18.0 | 76.0 | 2.75 |
| Iceland Luxury Beef Mac & Cheese | 450 | 778.5 | 12.6 | 79.7 | 2.69 |
| Morrisons Mac & Cheese Bake | 280 | 784.0 | 15.1 | 81.2 | 2.50 |
| ASDA Extra Special Pulled BBQ Beef Mac 'N' Cheese | 400 | 820.0 | 16.0 | 80.0 | 3.50 |
| Waitrose Italian Macaroni Cheese with Bacon | 400 | 828.0 | 17.2 | 86.0 | 2.75 |
| ASDA Extra Special Four Cheese Macaroni | 400 | 852.0 | 19.2 | 88.0 | 3.50 |
| Hall's Macaroni Cheese with Ham Hock | 400 | 1092.0 | 11.6 | 178.8 | 1.50 |

* Values shown per Meal

Supermarkets Tested

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