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| Food: | Readymade Meals - Spaghetti Bolognese |

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| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| Sainsbury's Spaghetti Bolognese, Basics | 300 | 276.0 | 2.4 | 38.7 | 1.00 |
| Morrisons Eat Smart Counted Spaghetti Bolognese | 400 | 320.0 | 2.0 | 44.0 | 2.42 |
| Morrisons Savers Spaghetti Bolognese | 400 | 332.0 | 1.6 | 53.6 | 1.00 |
| Bisto Spaghetti Bolognese | 375 | 337.5 | 3.4 | 45.8 | 1.25 |
| ASDA Calorie Counted Spaghetti Bolognese | 380 | 376.2 | 2.7 | 49.4 | 2.40 |
| Morrisons Italian Spaghetti Bolognese | 400 | 436.0 | 5.6 | 51.6 | 2.23 |
| Sainsbury's Spaghetti Bolognese | 400 | 468.0 | 7.6 | 48.8 | 2.00 |
| Morrisons Spaghetti Bolognese | 400 | 472.0 | 5.6 | 62.0 | 1.00 |
| ASDA Spaghetti Bolognese | 400 | 504.0 | 6.0 | 68.0 | 0.88 |
| Iceland Meal For One Spaghetti Bolognese | 500 | 540.0 | 3.0 | 82.0 | 1.00 |
| Waitrose spaghetti Bolognese | 400 | 560.0 | 7.6 | 76.4 | 2.75 |
| ASDA Free From Spaghetti Bolognese | 400 | 576.0 | 9.2 | 64.0 | 2.40 |
| Sainsbury's Slow Cooked Spaghetti Bolognese, Taste the Difference | 400 | 592.0 | 11.2 | 43.2 | 3.50 |
| ASDA Italian Spaghetti Bolognese | 450 | 603.0 | 6.8 | 72.0 | 2.20 |
| Sainsbury's Deliciously Free From Spaghetti Bolognese | 400 | 604.0 | 9.2 | 70.8 | 3.00 |
| Iceland Italian Spaghetti Bolognese | 400 | 612.0 | 11.6 | 50.8 | 1.59 |
| ASDA Extra Special West Country Beef | 450 | 688.5 | 12.6 | 54.0 | 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 |

*N/A Indicates Either Nutrition Information Not Available on the Company’s Website or the Company Doesn’t Supply This Brand*