

Nutritional Comparison of Supermarket Pasta Sauce; 2021

All values per 100g, serving size included

All information obtained from nutritional panel on product packaging

	Serving Size (g)	Energy (kJ)	Protein (g)	Fat (total) (g)	Fat (saturated) (g)	Carbohydrate (g)	Sugars (g)	Sodium (mg)
Dolmio Traditional Recipe Tomato & Basil Pasta Sauce	125	173	1.2	<0.1	<0.1	8.7	5.7	293
Latina Fresh Italian Tomato & Garlic Pasta Sauce	116	227	1.2	2.6	0.4	5.8	4.5	271
Woolworths Essentials Chunky Pasta Sauce	125	247	1.6	1.3	<1.0	9.3	6.2	234
Latina Fresh Italian Style Tomato & Garlic	106	205	1.2	2.2	0.3	5.4	4.5	264
Dolmio Extra Tomato Onion & Roast Garlic Pasta Sauce	125	208	1.8	0.1	<0.1	10.0	5.5	313
Latina Fresh Creamy Carbonara Pasta Sauce	116	514	4.9	7.6	5.0	8.3	0.5	431
Dolmio Extra Bolognese Tomato Pasta Sauce	125	197	1.7	0.1	<0.1	9.6	5.5	313
Latina Fresh Beef Bolognese Pasta Sauce	106	345	4.5	4.4	1.7	5.0	5.0	362
Leggos Pasta Sauce Bolognese with Chunky Tomato Garlic & Herbs	125	232	1.7	1.3	0.1	8.3	6.0	353
Leggos Pasta Sauce Napoletana	125	220	1.6	1.3	0.1	7.8	5.8	364
Raguletto Pasta Sauce Red Wine Garlic	125	180	1.5	0.2	*	7.5	6.4	317
Barilla Pasta Sauce Basilico Tomato Basil	100	268	1.6	2.6	0.3	7.6	5.9	360
Raguletto Pasta Sauce Napolitana	125	190	1.6	0.2	0.1	8.1	6.5	317
Barilla Pasta Sauce Bolognese	100	284	1.3	4.0	0.4	6.0	5.0	400
Dolmio Extra Onion & Garlic Pasta Sauce	130	208	1.8	0.1	<0.1	10.0	5.5	313
Leggos Fresh Napoli Sauce	125	175	1.8	1.2	0.2	5.2	4.9	358
Val Verde Passata Sauce	100	125	1.2	0.1	0.1	4.9	3.9	200
Leggos Fresh Beef Bolognese Sauce	106	353	3.3	4.5	2.0	7.1	4.5	330
Sacla Pasta Sauce Basil Cherry Tomato	105	567	2.0	11.1	1.3	7.2	6.6	400
Dolmio Extra Garden Vegetables Tomato Pasta Sauce	125	196	1.7	0.1	<0.1	9.5	5.9	337
Leggos Pasta Sauce Garden Vegetable with Carrot, Capsicum, Tomato & Zucchini	125	265	1.6	2.3	0.2	8.1	6.0	366
Dolmio Extra Red Wine & Italian Herbs Tomato Pasta Sauce	125	210	1.5	0.1	<0.1	10.0	6.5	312
Leggos Pasta Sauce Roasted Garlic with Chunky Tomato & Onion	125	163	1.2	0.2	0.1	7.3	4.4	329
Leggos Stir Through Tomato, Roasted Garlic & Caramelised Onion	87	447	1.7	6.7	0.9	9.1	6.1	359
Dolmio Traditional Recipe Classic Tomato Pasta Sauce	125	164	1.3	0.1	<0.1	8.0	4.8	293
Woolworths Essentials Traditional Pasta Sauce	125	309	2.1	1.4	<1.0	12.3	8.4	380
Dolmio Extra Garlic Tomato Pasta Sauce	125	190	1.7	0.1	<0.1	9.2	5.2	314
Leggos Pasta Sauce Bolognese with Bacon, Chunky Tomato & Herbs	125	245	2.0	1.8	0.3	7.7	5.1	377
Leggos Pasta Sauce Bolognese with Mushroom, Chunky Tomato & Herbs	125	218	1.7	1.3	0.1	7.5	5.0	351
Leggos Pasta Bake Creamy Tomato & Mozzarella	125	266	2.3	2.2	1.4	7.7	4.9	384
Leggos Pasta Sauce Carbonara with Fresh Cream, Onion & Cheese	122	347	1.4	6.0	3.1	6.1	2.0	353
Dolmio Extra Italian Herbs Tomato Pasta Sauce	125	205	1.8	0.1	<0.1	9.8	6.0	311
Dolmio Creamy Carbonara Pasta Sauce	122	391	1.3	6.0	1.4	8.7	3.2	411
Leggos Pasta Sauce Bolognese with Red Wine, Chunky Tomato & Herbs	125	235	1.6	1.3	0.1	8.4	5.4	351
La Gina Italian Paste Passata	100	140	1.6	<1.0	<0.1	5.0	3.8	40
Barilla Pasta Sauce Arrabbiata with Chilli Peppers	100	268	1.4	3.1	0.3	6.9	5.0	380
Barilla Pasta Sauce Napoletana	100	281	1.4	3.7	0.4	6.2	5.2	384
Leggos Pasta Bake with Creamy Sundried Tomato & Garlic	125	297	1.5	4.2	2.9	6.3	3.7	460

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Campbells Pasta Sauce Beef Spaghetti	125	427	5.8	5.4	2.0	7.1	3.5	444
Don Antonio Pasta Sauce Sugo Al Basilico	*	294	1.4	4.3	0.6	5.6	5.0	360
Sacla Whole Cherry Tomato Parmesan Pasta Sauce	100	569	2.7	11.0	1.9	6.1	4.8	400
Dolmio Extra Spicy Peppers Tomato Pasta Sauce	125	206	1.7	0.2	<0.1	9.9	6	314
Dolmio Extra Tomato, Onion & Roast Garlic Salt Reduced Pasta Sauce	125	190	1.8	0.1	<0.1	9.0	4.9	159
Barilla Pasta Sauce Red Wine & Garlic with 100% Italian Tomatoes	100	193	1.7	0.8	0.2	6.9	5.5	290
Leggos Pasta Bake with Three Cheese Sauce	125	295	0.9	4.7	1.9	6.2	1.7	334
Leggos Providore Vine Ripened Tomatoes with Caramelised Baby Onions	100	346	0.9	5.1	0.6	6.7	6.7	600
Leggos Pasta Bake Tomato Ricotta & Spinach	125	340	2.4	5.0	2.1	6.1	3.0	400
Woolworths Basil Pesto	47	2000	4.8	48.4	6.4	6.5	3.9	525
Sacla Whole Cherry Tomato & Roasted Garlic Pasta Sauce	100	382	1.8	5.6	0.7	8.5	5.3	400
Macro Organic Passata	100	172	*	<1.0	<1.0	7.9	4.7	195
Leggos Providore Italian Vine Ripened Tomatoes with Red Chilli	100	483	1.2	10.7	1.1	3.4	2.7	511
Latina Fresh Creamy Sun-dried tomato	106	424	1.5	8.0	5.5	5.4	3.1	289
Leggos Spaghetti Sauce with Australian Beef	136	292	4.6	2.8	1.3	5.8	2.9	450
Leggos Stir Through Roasted Vegetables	87	384	1.7	6.4	0.8	5.9	4.9	551
Dolmio Pasta Bake Creamy Tomato & Mozzarella	123	334	2.1	4.2	2.8	7.8	4.1	484
Leggos Stir Through Sundried Tomato & Roasted Garlic	87	373	2.1	5.6	0.7	6.8	5.0	554
Leggos Passata Sauce with Italian Herbs	174	145	1.7	0.3	0.1	5.4	4.1	247
Mutti Passata Tomato Puree Delicate with Basil	100	149	1.6	<1	<1	5.1	4.5	200
Dolmio Express Pasta Sauce Creamy Tomato & Mozzarella	85	331	2.5	4.6	2.9	6.1	4.0	484
Macro Organic Bolognese Chunky Pasta Sauce	125	201	1.8	0.8	0.2	8.3	7.3	253
Jamie Oliver Tomato & Basil Pasta Sauce	133	260	1.5	3.2	0.5	6.2	4.9	280
Dolmio Pasta Bake Three Cheese Sauce	122	291	1.6	3.5	2.3	7.9	2.8	350
Jamie Oliver Tomato & Red Wine Pasta Sauce for Bolognese	133	282	1.7	2.7	0.4	8.4	5.3	330
Don Antonio Traditional Sauce	100	352	1.7	5.8	1.2	5.2	5.1	1120
Mutti Pesto Style Stir Through Sauce Red Tomato	60	952	3.5	20.0	2.7	6.7	5.6	680
Dolmio Express Pasta Sauce Tomato, Onion & Roast Garlic	85	201	2.0	0.5	<0.1	9.2	5.8	307
Mutti Passata Tomato Puree Delicate and Velvety	100	149	1.6	<1.0	<1.0	5.1	4.5	200
Jamie Oliver Tomato & Chilli Pasta Sauce	133	287	2.4	2.9	0.4	6.3	3.1	200
Leggos Stir Through Tomato, Olive & Chilli	87	405	1.5	7.2	0.9	5.6	4.4	452
Barilla Pesto Alla Genovese	48	1989	4.7	46.0	5.3	9.8	5.5	1300
Jamie Oliver Green Pesto	48	1745	6.6	40.0	6.7	7.6	2.6	355
Mutti Passata Gastronomia Rich & Delicate Made with Baby Roma Tomatoes	100	207	1.7	0.9	0.2	7.8	6.1	176
Mutti Passata Gastronomia Fresh & Sweet Made with Cherry Tomatoes	100	215	1.6	1.2	0.2	7.6	6.4	200
Leggos Passata Cooking Sauce Rustic Thick & Chunky	176	169	1.9	0.3	0.1	6.4	5.0	247
Dolmio Nonna's Roast Garlic Pasta Sauce	125	332	1.4	5.1	0.4	6.8	2.9	269
Leggos Basil Basil	47	990	4.7	21.2	2.6	6.9	2.4	814

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Coles Kitchen Creamy Carbonara Sauce	106	552	3.9	10.1	6.2	6.0	*	220
Coles Kitchen Beef Bolognese Sauce	106	286	6.1	1.4	<1.0	7.7	*	250
Coles Tomato & Basil Pasta Sauce	106	290	2.0	2.5	1.1	8.7	6.9	248
Coles Creamy Cheese Pasta Sauce	106	660	6.1	12.3	8.5	5.9	3.7	281
Coles Nature's Kitchen Veggie Sauce	106	228	1.5	1.8	<1.0	7.1	5.4	249
Coles Kitchen Tomato & Smoked Bacon Sauce	106	279	4.9	2.4	<1.0	5.6	*	200
Coles Mum's Sauce Bolognese	125	186	1.5	1.3	<1.0	5.7	3.9	346
Coles Italian Passata Tomato & Basil	172	177	*	<1.0	<1.0	*	6.5	*
Coles Italia Sugo Tomato with Mascarpone Pasta Sauce	50	674	2.7	12.7	4.5	8.6	8.6	290
Sacla Free From Basil Pesto	47.5	1585	2.5	37.0	4.0	9.4	1.2	480
Mutto Sugo Semplice Parmigiano Reggiano	100	276	*	1.3	0.9	5.5	4.7	357