

Comparison of Canned Vegetables; 2017

All values are per 100g

All information taken from nutritional panels on product and company AU websites



dietitian
connection®

	Energy (kJ)	Protein (g)	Fat (total) (g)	Fat (sat) (g)	CHO (g)	Sugars (g)	Dietary Fibre (g)	Na (mg)
Always Fresh Artichokes Hearts Whole	128	1.8	0.5	0.2	2.8	0.8	-	323
Always Fresh Asparagus; Spring Water Tender	111	2.4	0.2	0	2.8	1.9	-	340
Always Fresh Sauerkraut	76	0.9	0.2	0.1	2.1	0.5	-	689
Always Fresh Water Chestnuts Whole	143	1.0	0.1	0.1	6.5	1.6	-	22
Annalisa Borlotti Beans	547	7.7	0.8	0	22.3	0.8	-	308
Annalisa Butter Beans	547	6.9	0.8	0	24.6	0.8	-	308
Annalisa Chick Peas	518	5.8	2.7	0.5	15.7	0.2	-	296
Annalisa Diced Tomatoes	98	1.2	0.1	<0.1	3.9	3.9	-	10
Annalisa Diced Tomatoes Basil and Oregano	93	1.2	0.1	<0.1	3.6	3.2	-	168
Annalisa Diced Tomatoes Garlic and Basil	95	1.1	0.2	<0.1	3.6	3.3	-	168
Annalisa Lentils	373	6.8	0.8	0.1	12.6	0.2	-	274
Annalisa Red Kidney Beans	419	8.5	0.8	0	14.6	0.8	-	298
Annalisa White Beans (Canellini)	375	6.9	0.6	0.1	11.2	0.3	-	292
Ardmona Rich & Thick Basil & Garlic Tomatoes	102	1.2	<0.1	<0.1	4.3	2.9	-	8
Ardmona Rich & Thick Chopped Herb Tomatoes	135	1.5	<0.1	<0.1	5.7	4.0	-	210
Ardmona Rich & Thick Classic Finely Chopped Tomatoes	133	1.4	<0.1	<0.1	5.8	3.2	-	11
Ardmona Tomatoes Chopped No Added Salt	89	1.1	<0.1	<0.1	3.4	2.9	-	6
Ardmona Tomatoes Crushed	114	1.3	<0.1	<0.1	5.3	3.4	-	11
Ardmona Tomatoes Whole Peeled	97	1.2	<0.1	<0.1	3.9	3	-	8
Batchelors Original Mushy Peas	369	5.9	0.4	0.2	13.1	1.4	3.9	0.2
BioNature Organic Cannellini Beans	397	7.5	0.7	0	15.2	0	-	296
BioNature Organic Chickpeas	568	8	2	0	21.9	0	-	311
BioNature Organic Chopped Tomatoes	97	0.8	0.8	0	3.8	3.1	-	6
BioNature Organic Four Bean Mix	548	6.9	1.5	0	22.3	1.5	-	296
BioNature Organic Lentils	359	7.4	0.8	0	12.7	0	-	295
Coles Asparagus Spears	78	2.2	0.5	0.0	1.7	0.5	1.5	130
Coles Asparagus Tips & Cuts	78	2.2	0.5	0.0	1.7	0.5	1.5	130
Coles Australian Diced Tomatoes	102	1.4	<0.1	<0.1	4.3	3.3	-	25.0
Coles Baby Peas	320	6.0	1.0	0.3	7.4	1.4	6.9	240
Coles Baked Beans; Tomato Sauce	338	4.3	0.6	0.1	11.3	4.8	6.3	238
Coles Butter Beans	384	7.4	0.9	0.9	15.2	0.9	7.0	300
Coles Cannellini Beans	301	5.2	0.6	0.1	9.0	0.8	4.7	300
Coles Champignons Pieces & Stems	127	2.8	<1	<0.1	4.8	<1	-	220
Coles Champignons Whole	127	2.8	<1	<0.1	4.8	<1	-	220

Coles Chick Peas	384	7.4	0.9	0.9	15.2	0.9	7.0	300
Coles Corn Kernels	275	2.6	1.5	0	9.3	3.5	2.1	149
Coles Corn Kernels; No Added Salt	275	2.6	1.5	0	9.3	3.5	2.1	0
Coles Creamed Corn	286	1.9	0.7	0.1	12.6	6.9	-	143
Coles Four Bean Mix	422	5.5	0.1	<0.1	16.0	1.2	4.7	279
Coles Italian Crushed Tomatoes; Mixed Herbs	122	1.8	0.2	0.2	5.0	4.7	-	300
Coles Italian Diced Tomatoes	105	1.3	0.2	0.0	4.5	3.2	-	10.0
Coles Italian Whole Peeled Tomatoes	105	1.3	0.2	0.0	4.5	3.2	-	10.0
Coles Lentils	391	6.8	0.4	<0.1	13.0	0.2	4.8	263
Coles Mexican Chilli Beans	304	5.3	0.6	<0.1	11.3	2.5	5.0	426
Coles Organic Baked Beans; Tomato Sauce	369	2.4	1.8	<1.0	13.7	5.0	-	228
Coles Organic Butter Beans	384	7.4	0.9	0.9	15.2	0.9	7.0	300
Coles Organic Chick Peas	391	8.0	0.5	0.5	15.0	1.2	7.0	295
Coles Organic Diced Tomatoes	80.0	1.2	0.2	0.2	3.5	3.2	-	100
Coles Organic Four Bean Mix	299	5.6	0.9	0.9	12.0	1.2	7.0	297
Coles Organic Red Kidney Beans	370	5.2	0.4	0.3	16.1	0.7	7.3	268
Coles Organic Spaghetti; Tomato Sauce	232	1.3	1.3	0.7	9.6	4.5	-	425
Coles Organic Whole Peeled Tomatoes	80.0	1.2	0.2	0.2	3.5	3.2	-	100
Coles Peas and Corn	252	3.3	0.6	0.2	7.7	2.9	4.5	107
Coles Peas and Carrots	230	3.9	0.2	<0.1	5.4	2.4	5.2	232
Coles Red Kidney Beans	370	5.2	0.4	0.2	16.0	0.6	7.3	268
Coles Sliced Beetroot	180	0.8	0.2	0.1	8.3	8.3	2.1	260
Coles Sliced Green Beans	113	1.6	0.3	<0.1	3.0	0.7	2.8	245
Coles Sliced Mushrooms in Butter Sauce	149	1.0	0.8	0.2	6.0	1.0	-	270
Coles Sliced Mushrooms in Butter Sauce (No Added Salt)	149	1.0	0.8	0.2	6.0	1.0	-	127
Coles Sliced Water Chestnuts	80.0	<1.0	<1.0	<1.0	3.0	<1.0	-	3.0
Coles Smart Buy Diced Tomatoes	92.0	1.2	0.5	0.3	3.1	3.1	-	100
Coles Smart Buy Spaghetti; Tomato Sauce	260	1.7	0.4	0.2	13.1	4.9	-	460
Coles Smart Buy Whole Peeled Tomatoes	100	1.2	0.5	0.2	3.6	3.6	-	100
Coles Whole Baby Potatoes	241	1.3	<0.1	<0.1	12.1	0.4	1.6	145
Deb Instant Mashed Potato	333	1.9	1.6	0.3	13.7	1.0	-	280
Edgell Aparagus Cuts & Tips	86.0	2.6	0.4	0.1	0.9	0.6	-	255
Edgell Asparagus Green Spears	86.0	2.4	0.2	0.1	1.7	1.2	-	270
Edgell Aussie Corn Kernels	261	2.3	1.6	0.3	8.0	4.0	3.3	251
Edgell Aussie Corn Kernels (No Added Salt)	288	2.4	1.5	0.3	10.1	5.3	2.5	20.0
Edgell Aussie Creamed Corn	313	1.3	0.7	0.1	15.1	4.9	1.0	260
Edgell Aussie Super Sweet Corn Kernels	293	2.7	1.9	0.5	9.1	4.3	2.8	125
Edgell Baby Beets	287	0.8	0.2	<0.1	14.7	12.7	-	360
Edgell Baby Peas	235	3.4	0.7	0.2	6.8	3.9	4.4	246
Edgell Baby Peas & Corn	350	3.1	1.0	0.1	13.2	3.8	-	249
Edgell Black Beans	472	8.5	1.0	0.2	12.7	1.9	9.3	295

Edgell Black Eye Beans	495	6.6	0.9	0.3	18.7	2.2	4.0	270
Edgell Borlotti Beans	435	6.0	0.8	0.2	14.2	<1	7.7	313
Edgell Brown Lentils	402	6.7	0.6	0.1	13.1	<1	5.4	283
Edgell Butter Beans	397	5.7	0.9	0.1	11.8	0.6	8.3	273
Edgell Cannellini Beans	438	7.4	0.8	0.1	14.0	<1	5.6	298
Edgell Chick Peas	532	7.5	1.2	0.2	17.5	0.3	7.8	279
Edgell Corn Kernels	448	2.9	1.3	0.2	19.6	1.9	2.2	205
Edgell Creamed Corn	313	1.3	0.7	0.1	15.1	4.9	-	260
Edgell Diced Capsicum	135	0.8	0.6	<0.1	5.0	4.0	-	259
Edgell Four Bean Mix	497	7.7	0.7	0.1	16.2	2.2	8.1	250
Edgell Four Bean Mix (No Added Salt)	542	7.4	1.0	0.2	18.0	2.0	6.9	10.0
Edgell Garden Peas	282	4.5	0.7	0.1	8.2	3.4	5.0	208
Edgell Instant Mash	285	1.6	1.0	0.7	12.2	1.3	1.7	240
Edgell Mexi Beans; Bean & Corn Salsa Mix	274	3.0	0.5	0.1	11.1	3.2	2.0	275
Edgell Mixed Vegetables	222	2.2	0.4	<0.1	8.3	1.3	3.6	242
Edgell Peas & Carrots	208	3.1	0.4	0.1	6.2	3.0	4.4	285
Edgell Peas, Corn & Carrots	246	2.7	1.0	0.2	7.9	4.0	3.6	268
Edgell Red Kidney Beans	499	7.5	0.6	0.1	16.8	1.9	7.9	240
Edgell Red Kidney Beans (No Added Salt)	494	6.9	0.7	0.2	17.4	0.9	6.9	11.0
Edgell Sauerkraut	82.0	0.7	0.1	<0.1	2.5	2.5	3.0	655
Edgell Sliced Beetroot	216	1.1	0.1	<0.1	10.4	9.8	2.1	272
Edgell Sliced Beetroot; Bigger Slices	216	1.1	0.1	<0.1	10.4	9.8	-	280
Edgell Sliced Green Beans	94.0	1.4	0.4	0.1	2.3	1.7	2.1	290
Edgell Sliced Mushrooms; Butter Sauce	156	1.4	1.1	0.7	4.8	0.2	1.0	312
Edgell Super Sweet Corn Kernels	313	2.9	1.7	0.1	10.6	5.0	2.6	107
Edgell Sweet Sliced Beetroot	292	1.3	0.2	0.1	14.3	14.3	2.4	370
Edgell Tiny Taters	287	1.9	0.1	0.1	13.9	<0.1	1.8	267
Farrow's Marrowfat Peas	422	6.7	0.7	0.3	13.8	1.4	5.9	20
Golden Circle Baby Beetroot Whole	245	1.4	0.1	0	11.5	11.1	2.6	240
Golden Circle Beetroot Diced	190	0.9	0.1	0	9.0	8.3	2.2	290
Golden Circle Beetroot Slices	235	0.8	0.1	0	11.9	10.8	2.2	250
Golden Circle Corn & Peas	360	4.7	1.1	0.1	11.8	3.4	-	115
Golden Circle Corn Kernels	360	3.7	1.2	0.1	13.1	3.5	3.6	115
Golden Circle Creamed Corn	305	2.2	0.6	0.1	13.3	3.9	3.4	325
Golden Circle Green Peas	375	6.8	0.9	0.0	10.2	4.0	6.5	255
Golden Circle Pickled Baby Beetroot	185	1.2	0.1	0	8.7	7.2	-	100
Golden Circle Pickled Sliced Beetroot	180	1.1	0.1	0	8.6	7.7	-	100
Heinz Beanz (Salt Reduced)	365	4.6	0.5	0.1	13.4	4.6	5.0	250
Heinz Beanz Creationz Fiery Mexican Style Beans	555	8.5	0.3	0.1	19.8	3.6	7.6	245
Heinz Beanz Creationz Mediterranean Stle Beans	570	8.0	1.1	0.2	19.1	4.8	8.4	255
Heinz Beanz Creationz Medium Salsa Chilli Beans	430	5.4	0.4	0.1	17.0	5.5	4.0	240

Heinz Beanz Creationz Mild Curry Beans	575	8.0	1.0	0.1	19.6	4.4	8.3	280
Heinz Beanz Creationz Spanish Style Beans with Chorizo	555	8.6	0.5	0.1	19.3	3.2	7.6	280
Heinz Beanz in BBQ Sauce	415	4.6	0.9	0.1	15.5	6.8	4.9	490
Heinz Beanz in Cheesy Tomato Sauce	385	5.3	0.7	0.2	13.3	4.2	5.4	320
Heinz Beanz in Ham Sauce	390	5.0	0.9	0.1	13.5	4.5	5.3	415
Heinz Beanz in Tomato Sauce	375	4.8	0.5	0.1	13.6	4.5	5.2	365
Heinz Spaghetti in Tomato Sauce	255	1.9	0.2	<0.1	12.2	3.5	-	295
Riviana Sliced Water Chestnuts	137	0.6	<0.1	<0.1	5.3	1.8	-	<1
Riviana Bamboo Shoots	68	1.1	0.3	0.2	1.3	0.5	-	<1
Riviana Bean Sprouts	45	1.4	0.2	0.1	0.0	0.0	-	279
Riviana Baby Corn Spears	96	1.5	0.3	0.2	2.0	1.6	-	146
Solo Pomodoro Mutti Cherry Tomatoes	92	3.0	0	0	3.6	2.9	-	40.0
Solo Pomodoro Mutti Baby Roma Tomatoes	92	3.0	0	0	3.6	2.9	-	40.0
Solo Pomodoro Mutti Whole Peeled Tomatoes	92	3.0	0	0	3.6	2.9	-	40.0
SPC Baked Beans Salt Reduced Tomato Sauce	358	5.1	0.5	<0.1	12.6	4.3	-	226
SPC Baked Beans Tomato Sauce	383	5.1	0.5	<0.1	14.5	6.0	4.4	355
SPC Bean Pot Cajun	388	5.2	0.6	<0.1	14.2	4.9	4.4	450
SPC Bean Pot Moroccan	377	5.0	0.5	<0.1	13.9	4.7	4.3	285
SPC Bean Pot Pickled Jalepeno	378	5.0	0.5	<0.1	13.7	5.0	4.2	345
SPC Bean Pot Rich Tomato	385	4.9	0.5	<0.1	13.5	4.9	4.2	358
SPC Bean Pot Sriracha	373	4.9	0.5	<0.1	13.5	4.8	4.2	382
SPC Spaghetti Spagasaurus Shapes	310	2.0	0.6	0.2	14.6	4.1	-	396
SPC Spaghetti Tomato Reduced Salt	309	1.8	0.5	0.2	14.7	4.5	-	294
Surprise Garden Peas Dried Vegetables	375	5.2	0.4	0.1	11.5	6.0	9.5	160
Surprise Minted Peas Dried Vegetables	495	4.7	0.4	0.1	19.5	14.5	8.6	145
Trident Wok Ready Chinese Mixed Vegetables	88.0	1.4	<0.1	<0.1	3.8	<0.1	-	340
Val Verde Borlotti Beans	478	7.3	0.5	<0.1	15.8	1.0	7.3	400
Val Verde Butter Beans	390	5.9	<1.0	<1.0	13.0	1.0	5.8	270
Val Verde Chick Peas	420	5.0	<1.0	<1.0	16.0	<1.0	5.4	260
Val Verde Diced Italian Tomatoes	80	0.9	<1.0	<1.0	3.5	3.0	1.3	7
Val Verde Diced Italian Tomatoes with Basil and Oregano	144	1.6	0.2	<0.1	6.4	4.7	-	441
Val Verde Gourmet Crushed Italian Tomatoes	86	1.2	<1.0	<1.0	3.0	2.5	0.9	88
Val Verde Lentils	330	6.0	<1.0	<1.0	11.0	<1.0	3.5	130
Val Verde Organic Diced Tomatoes	100	1.1	<1.0	<1.0	4	3.3	1.3	6.4
Val Verde Peeled Tomatoes	80	1.0	<1.0	<1.0	3.0	2.9	1.2	3.7
Val Verde Red Kidney Beans	340	5.5	<1.0	<1.0	11.0	2.0	5.7	240
Val Verde San Marzano PDO Peeled Tomatoes	102	1.4	<1.0	<1.0	3.8	3.2	0.6	40
Watties Baked Beans; Tomato Sauce	420	5.2	0.6	0.1	15.8	7.1	5.7	450
Woolworths Essential Peas	494	7.4	<1	<1	17.4	0.4	-	335
Woolworths Essential Corn Kernals	376	4.4	1.4	<1.0	12.6	5.5	-	115
Woolworths Essential Diced Tomatoes	93	1.3	0.1	<0.1	3.3	3.1	-	5

Woolworths Homebrand Asparagus Spears	68.0	1.6	<0.1	<0.1	1.6	1.6	1.6	276
Woolworths Homebrand Baby Corn Cuts	113	1.4	0.2	<0.1	5.0	1.4	2.0	329
Woolworths Homebrand Baby Corn Spears	121	1.5	0.3	0.1	5.2	<0.1	2.4	138
Woolworths Homebrand Baked Beans; Tomato Sauce	370	5.4	<1.0	<1.0	14.0	6.2	4.1	450
Woolworths Homebrand Champignons Pieces & Stems	118	3.0	<0.1	<0.1	3.0	0.2	-	332
Woolworths Homebrand Chick Peas	490	6.3	2.2	0.3	14.9	0.6	5.8	269
Woolworths Homebrand Corn Kernels	299	2.4	1.2	0.1	10.7	5.2	-	105
Woolworths Homebrand Creamed Corn	276	1.2	0.8	0.2	13.4	6.6	-	222
Woolworths Homebrand Diced Tomatoes	93.0	1.0	<1.0	<1.0	3.8	3.6	-	6.0
Woolworths Homebrand Diced Tomatoes; Garlic & Oregano	100	1.1	0.3	0.1	5.6	5.0	-	130
Woolworths Homebrand Peas	474	5.7	0.6	0.0	20.9	0.0	6.2	400
Woolworths Homebrand Sliced Beetroot	186	0.9	0.1	<0.1	9.9	8.0	-	233
Woolworths Homebrand Spaghetti; Tomato Sauce	280	2.3	1.0	<1.0	11.6	3.9	1.3	210
Woolworths Homebrand Three Bean Mix	477	7.2	0.6	<0.1	20.0	1.0	-	238
Woolworths Homebrand Water Chestnuts	122	0.7	0.1	<0.1	5.7	1.4	1.3	<5.0
Woolworths Homebrand Whole Champignons	118	3.0	<0.1	<0.1	3.0	0.2	-	332
Woolworths Homebrand Whole Potatoes	213	1.7	<0.1	<0.1	10.0	0.5	-	194
Woolworths Select Butter Beans (No Added Salt)	366	6.0	0.3	<0.1	15.0	1.0	5.6	24.0
Woolworths Select Cannellini Beans (No Added Salt)	416	7.1	0.6	0.2	13.6	0.3	5.2	1.0
Woolworths Select Chick Peas (No Added Salt)	477	7.0	1.6	0.2	14.8	1.1	5.9	16.0
Woolworths Select Corn Super Sweet Kernels	297	2.4	1.2	0.1	10.7	5.3	-	55.0
Woolworths Select Corn Super Sweet Kernels (No Added Salt)	347	2.4	1.2	0.2	15.5	7.9	3.0	3.0
Woolworths Select Creamed Corn Kernels	276	1.5	0.8	0.2	13.3	3.4	1.7	206
Woolworths Select Diced Australian Tomatoes	104	1.1	0.2	0.1	3.9	2.8	-	14.0
Woolworths Select Diced Italian Tomatoes	98.0	1.2	<1.0	<1.0	5.4	3.5	-	45.0
Woolworths Select Diced Italian Tomatoes (No Added Salt)	98.0	1.2	<1.0	<1.0	5.4	3.5	-	5.0
Woolworths Select Diced Italian Tomatoes; Basil, Garlic & Chilli	25.0	1.1	0.1	<0.1	4.4	4.4	1.0	178
Woolworths Select Diced Italian Tomatoes; Basil, Garlic & Onion	82.0	1.1	0.2	<0.1	3.6	3.3	-	168
Woolworths Select Five Bean Mix (No Added Salt)	481	6.8	1.0	0.2	15.5	2.6	8.3	3.0
Woolworths Select Garden Peas	306	5.2	0.5	0.1	9.0	1.5	5.9	249
Woolworths Select Green Asparagus Cuts & Tips	101	1.9	0.1	0.0	1.5	1.5	3.9	240
Woolworths Select Green Asparagus Spears	101	1.9	0.1	0.0	1.5	1.5	3.9	240
Woolworths Select Lentils (No Added Salt)	397	6.8	0.7	0.1	12.1	0.7	6.2	3.0
Woolworths Select Peas & Carrots	241	2.9	0.7	0.0	12.0	4.0	3.7	200
Woolworths Select Peas & Corn	321	3.5	1.0	0.1	11.4	2.1	3.7	102
Woolworths Select Red Kidney Beans (No Added Salt)	424	7.9	0.5	0.1	12.5	0.6	7.4	4.0
Woolworths Select Sliced Green Beans	129	1.8	0.3	<0.1	3.5	0.1	3.6	239
Woolworths Select Sliced Mushrooms; Butter Sauce	122	0.9	1.5	0.6	2.5	<0.2	0.8	406
Woolworths Select Whole Baby Carrots	109	0.8	0.3	0.0	4.1	3.2	1.9	242
Woolworths Select Whole Peeled Italian Tomatoes (No Added Salt)	102	1.0	<1.0	<1.0	5.9	3.6	-	10.0
Woolworths Macro Organic Baked Beans; Tomato Sauce	357	4.6	<1.0	<0.1	13.3	4.2	4.7	400

Woolworths Macro Organic Cannellini Beans (No Added Salt)	624	6.3	0.6	<0.1	29.1	<0.1	8.4	28.0
Woolworths Macro Organic Diced Italian Tomatoes (No Added Salt)	80.0	1.1	0.1	<0.1	3.0	3.0	-	30.0
Woolworths Macro Organic Diced Italian Tomatoes; Basil & Oregano (No Added Salt)	119	1.1	0.1	<0.1	5.7	1.7	-	16.0
Woolworths Macro Organic Spaghetti; Tomato Sauce	315	1.3	1.2	<1.0	14.1	5.6	-	431
Woolworths Macro Red Kidney Beans (No Added Salt)	503	7.4	0.5	<0.1	21.1	<0.1	9.0	12.0
Woolworths Macro Organic Lentils	508	7.3	0.5	<0.1	21.5	<0.1	-	40
Woolworths Macro Organic Chickpeas	597	7.1	2.3	0.3	23	<0.1	-	12

*List compiled by Stacey Beech and Zoe Lucock
Updated by Talia Woodward*