

# Tomato pasta sauce analysis

Nutrition figures per 100 g (3½ ounces)



Brand	Barilla Basilico 400 g	Sacla Cherry Tomato & Basil 420 g	Coles Tomato & Basil 425 g	Leggo's Passata Tomato & Basil 700 g	Dolmio Classic Tomato with Basil 500 g	La Gina Italian Passata 680 g	Mutti Passata with Basil 700 g	Latina Tomato & Garlic 425 g	Riverina Grove 500 g
Energy	268 kJ 64 Cal	421 kJ 135 Cal	178 kJ 43 Cal	152 kJ 36 Cal	173 kJ 41 Cal	140 kJ 35 Cal	149 kJ 35 Cal	227 kJ 54 Cal	231 kJ 55 Cal
Protein, g	1.6	1.6	1.59	0.4	1.2	1.6	1.6	1.2	1.4
Fat – total, g	2.6	7.5	0.9	0.1	<0.1	<1.0	<1	2.6	3.3
Fat – saturated, g	0.3	0.9	0.2	<0.1	<0.1	<0.1	<1	0.4	<1
Carb – total, g	7.6	7.2	6.2	8.1	8.7	5.0	5.1	5.8	5
Carb – sugars, g	5.9	5.8	2.8	7.8	5.7	3.8	4.5	4.5	3.9
Dietary fibre, g	1.9	5.2	2.97	0.6	n/a	1.2	0.6	1.6	n/a
Sodium, mg	360	400	431	4	293	40	200	271	373

n/a – not available Figures taken from manufacturer's label ... as at 2023

## What to look for when shopping

Less than 400 mg sodium per 100 g AND less than 5 g fat per 100 g (which equals 5% fat)

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## Nutrition figures per serve

(figures in brackets show the manufacturer's serving size – note that this varies between brands but is generally 100–175 g in size)



Brand	Barilla Basilico (100 g)	Sacla Cherry Tomato & Basil (105 g)	Coles Tomato & Basil (125 g)	Leggo's Passata Tomato & Basil (175 g)	Dolmio Classic Tomato with Basil (125 g)	La Gina Italian Passata (100 g)	Mutti Passata With Basil (100 g)	Latina Tomato & Garlic (106 g)	Riverina Grove (125 g)
Energy	268 kJ 64 Cal	595 kJ 142 Cal	175 kJ 42 Cal	267 kJ 64 Cal	216 kJ 52 Cal	183 kJ 44 Cal	149 kJ 36 Cal	241 kJ 58 Cal	376 kJ 90 Cal
Protein, g	1.6	2.1	1.5	0.7	1.5	1.6	1.6	1.3	2.1
Fat – total, g	2.6	11.7	<1.0	0.2	0.1	<1.0	<1	2.8	5.6
Fat – saturated, g	0.3	1.4	0.0	<0.1	0.1	<0.1	<1	0.4	0.9
Carb – total, g	7.6	7.6	7.7	14.2	10.9	5.0	5.1	6.1	7.8
Carb – sugars, g	5.9	6.9	7.1	13.7	7.1	3.8	4.5	4.7	3.5
Dietary fibre, g	1.9	n/a	n/a	1.1	n/a	1.2	0.6	1.7	n/a
Sodium, mg	360	515	539	7	366	40	200	287	350

n/a – not available Figures taken from manufacturer's label ... as at 2023

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## Ingredient lists, jar sizes & where made



### **Barilla Basilico Pasta Sauce 400 g**

Chopped tomatoes 72%, tomato concentrate 14%, onion, vegetable oils (olive, sunflower), basil 2%, sugar, salt, garlic, natural flavouring.

Made in Italy

Source: [www.barilla.com/en-au/](http://www.barilla.com/en-au/)

### **Sacla Cherry Tomato & Basil Pasta Sauce 425 g**

Tomatoes (diced, juice, puree) 74%, cherry tomatoes 13%, onion, olive oil, carrots, basil 1.2%, celery, sugar, salt, modified maize starch, garlic, extra-virgin olive oil, acidity regulator (lactic acid).

Made in Italy

Source: <https://www.sacla.com.au>

### **Coles Pasta Sauce Tomato & Basil 425 g**

Tomato passata 38% (tomato puree, acidity regulator [330]) diced tomato 28.5% (tomato, acidity regulator [330], firming agent [509]), water, tomato paste 7.5% (tomato, acidity regulator [330]), brown sugar, basil leaf 1.0%, crushed garlic, olive oil, onion, salt, butter, corn starch, oregano, natural preservative (234).

Made in Australia from 19% Australian ingredients

Source: [www.coles.com.au](http://www.coles.com.au)

### **Leggo's Organic Passata Tomato & Basil 700 g**

Organic tomatoes 99% (puree from paste), organic basil 1%.

Made in Australia from imported ingredients

Source: <https://leggos.com.au/>

### **Dolmio Classic Tomato with Basil Pasta Sauce 500 g**

Tomatoes 89% (from paste, food acid [citric]), sugar, onion, thickener (modified corn starch), garlic, salt, basil 0.5%, food acid (citric), pepper, fenugreek, fennel.

Made in Australia from less than 10% Australian ingredients

Source: <https://www.dolmio.com.au/>

**La Gina Italian Pasta Sauce 700 g**

Tomatoes 78%, tomato paste, salt, onion powder, citric acid (E330).

Made in Italy

Source: <https://www.woolworths.com.au>

**Mutti Passata with Basil 700 g**

Tomatoes 99%, salt, basil 0.1%, basil extract.

Made in Italy

<https://mutti-parma.com/au>

**Latina Tomato & Garlic Sauce 425 g**

Tomato 67%, onion, water, olive oil, sugar, modified corn starch (1422), salt, garlic 0.4%, food acid (citric), oregano, basil 0.1%, black pepper.

Made in Australia from at least 93% Australian ingredients

Source: <https://www.latinafresh.com.au/>

**Riverina Grove Tomato Basil Pasta Sauce 500 g**

Diced tomato and tomato puree 93%, extra-virgin olive oil, onion, fresh basil 1%, salt, garlic, herb and spice, food acid (330).

Made in Australia from 98% Australian ingredients

Source: [www.riverinagrove.com.au](http://www.riverinagrove.com.au)