

# Marks and Spencer Cashew Mac

Marks & Spencer Ltd



4 Reviewer Rating

out of 5

50 Reviewers



CMR Ref: 190140

# 37

Score out of 50

Average for the category: 35

**Verdict**

An interesting combination of pasta, roasted mushrooms and cashew nuts which Reviewers found to be "flavoursome" with "crunchy and soft textures". The M&S Plant Kitchen Cashew Mac was considered "better than what is out there" by more than 3 in 4 meat-free buyers, although the price point of £3.00 for an individual portion proved a barrier.

Price **£3.00**

Weight / Volume **350g**

## Tried & Tested by people like you...

Consumer Reviews	Star Rating	% Who Rated	Reviewer Comments*
	★★★★★	34%	<p>Good flavour and texture</p> <p>Delicious</p> <p>Lovely flavour and aroma</p>
	★★★★☆	40%	<p>Really enjoyed the taste and texture but it was too high in fat for me to buy very often</p> <p>Lovely crunch but not the healthiest of options</p> <p>Tasty product and like the crunchy bits on topping</p>
	★★★☆☆	20%	<p>Quite tasty love the mushrooms but not very healthy</p> <p>This is quite pleasant has quite a nice flavour and nice consistency a very good standby meal and would be filling</p> <p>Really good taste</p>
	★★☆☆☆	4%	<p>Taste and texture ok - but just average. Better products out there</p> <p>No cheese flavour</p>
	★☆☆☆☆	2%	<p>Chewy rubbery didn't like the texture</p>

\* Reported verbatim as made by our reviewers

**Ingredients**

Water . Cooked pasta (32) . (Durum Wheat Semolina (contains Gluten): Water) . Roasted Mushrooms (11%) . (Chestnut Mushrooms . Sunflower Oil . Cashew Nuts (8%) . Onions . Sunflower Oil . Wheatflour contains Gluten (with Wheatflour. Calcium Carbonate.Iron . Niacin . Thiamin). Salt . Sundried Tomatoes . Dried Yeast. Lemon Juice . Dried Potato Flakes . Stabiliser: Pectin . Tomato Paste . Garlic Puree . Cornflour . Mustard seeds . Parsley . Chives . Vinegar . YeastT . Dried Paprika Flakes . Sugar . Rapeseed Oil . Dried Garlic . Basil.

**Nutrition per 100 g/ml**

Energy (Kcal)	Total Fat (g)	Sat Fat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
152	7.2	1.3	15	1.4	2.8	5.3	0.85

**Recommended Daily Allowance (%)**

Energy (Kcal)	Total Fat (g)	Sat Fat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
8%	10%	7%	6%	2%	12%	11%	14%

Daily Intake percentages are based on the requirements for an average female with no special dietary requirements and an assumed energy intake of 2000 kcal.