

Loving Foods

Spicy Cortido
475g jar label
Artwork
LAYOUT

7th Dec 2022

ORGANIC SAUERKRAUT
NATURALLY CULTURED VEGETABLES

INGREDIENTS: CABBAGE* (65%),
CARROT* (26%), ONION* (4.5%),
RED CHILLI* (1.8%), CELTIC SEA SALT,
OREGANO*

*certified organic ingredients

NUTRITION: (per 100g)

ENERGY 83kJ/20kcal

FAT 0.4g (of which saturates 0.2g)

CARBOHYDRATE 4.2g (of which sugars 0.6g)

PROTEIN 0.8g

SALT 1.0g

LOOK • SMELL • TASTE
DON'T WASTE

www.lovingfoods.co.uk/dontwaste



KEEP
REFRIGERATED
SUITABLE FOR
VEGANS
GLUTEN FREE



GB-ORG-04
EU/non-EU Agriculture
UK/non-UK Agriculture

475g e

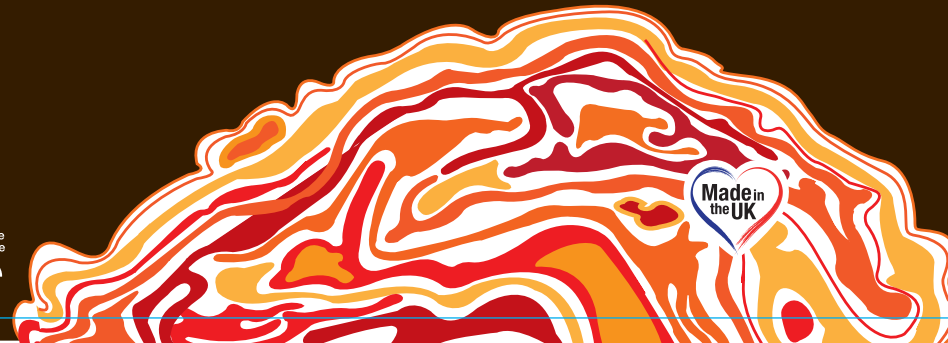
BEST BEFORE END:

ORGANIC

LOVING FOODS[♥]
FERMENTED

SPICY CORTIDO

CABBAGE, CARROT & ONION
WITH RED CHILLI



OUR CORTIDO IS BASED ON A LATIN-AMERICAN RECIPE. JUST ORGANIC VEGETABLES AND CELTIC SEA SALT, FLAVOURED WITH OREGANO AND SPICY CHILLIES, ALLOWED TO FERMENT NATURALLY, CREATING A DISH THAT'S PACKED WITH FLAVOUR AND GOODNESS. IT'S GREAT SERVED STRAIGHT FROM THE JAR, WITH A SALAD, ON A SAUSAGE OR EVEN IN A SMOOTHIE.

LOVING FOODS[♥]

are Faye, Adam and Mendel. We're fanatical about fermenting and love everything about it - the unique flavours, vibrant colours and life-giving goodness.

We believe in...

- ALWAYS RAW, NEVER PASTEURISED
- ONLY CHOOSING ORGANIC
- ALWAYS HANDMADE
- NO SHORT CUTS
- BETTER WELL-BEING FOR EVERYONE

For more recipe ideas, tips on healthy eating, or to visit our online store:

www.lovingfoods.co.uk

HANDMADE IN THE UK BY: LOVING FOODS LTD,
UNIT J3 LYNTOWN TRADING ESTATE,
LYNWELL ROAD, MANCHESTER, M30 9QG

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