

Brand	Sub Category	NFB Product Code	Product Name	Puct Descr	Website Description	Short Description	Long Description	Ingredients	Storage Instructions	Ready to Eat? (Y/N)	Is the product Fairtrade? (Y/N)	Is the product Organic? (Y/N)	Certified low FODMAP? (Y/N)	GMO Free (Y/N)	Is the product suitable for a GLUTEN FREE diet? (Y/N)	Is the product suitable for coeliac? (Y/N)	Is the product suitable for a VEGETARIAN DIET? (Y/N)	Is the product suitable for A VEGAN Diet? (Y/N)
RIFCo	Kimchi	RIF6001	RIFCo Organic Classic Kimchi 300g	Organic Classic Kimchi 300g	Usually presented as a side dish, kimchi is naturally cultured and high in vitamins, enzymes and beneficial live bacteria for a naturally plant-based, tasty side dish. A hit of vitamins packed in to full flavour.	Inspired by traditional Korean culture fermenting organic vegetables, spices and Celtic sea salt together, this is our take on classic live kimchi.	Inspired by traditional Korean culture fermenting organic vegetables, spices and Celtic sea salt together, this is our take on classic live kimchi. Usually presented as a side dish, kimchi is naturally cultured and high in vitamins, enzymes and beneficial live bacteria for a naturally plant-	Cabbage, Carrots, Radish, Onion, Chilli, Ginger, Garlic, Cayenne Pepper, Celtic Sea Salt	Keep refrigerated.	Y	N	Y	N	Y	Y	Y	Y	Y

[illegible]

Alcohol free? (Y/N)	Energy (kJ) * per 100g	Energy (kcal)* per 100g	Fat (g)* per 100g	of which saturates* per 100g	Carbohydrate (g)* per 100g	of which sugars (g)* per 100g	Fibre (g)* per 100g	Protein (g)* per 100g	Salt (g)* per 100g	Low fat?* (under 3g per 100g) (Y/N)	Fat free?* (under 0.5g per 100g) (Y/N)	Free from hydrogenated fats? (Y/N)	Sugar free?* (under 0.5g per 100g) (Y/N)	High Fibre?* (at least 6g per 100g) (Y/N)	Low salt?* (under 0.12g per 100g) (Y/N)	Country of Origin
Y	115	28	0.9	0.2	4.7	0.1	1.9	1.1	1	Y	N	Y	Y	N	N	UK