

Brand	Sub Category	HFB Product Code	Product Description	Long Description	Ingredients	Shelf Life after opening (days)	Storage Instructions	Ready to Eat? (Y/N)	Is the product Fairtrade? (Y/N)
RIFCo	Ready Meal	RIF5001	Organic Spanish Chickpea Casserole 400g	Taking its flavour cues from the Andulacian landscape of yellow ochre earth lined with rows of olive trees and fields of golden wheat, our Organic Spanish Chickpea Casserole combines tomatoes, chickpeas, peppers and spices to create a simple yet satisfying dish.	Chickpeas (29%), Tomatoes (23%), Onions, Water, Red Pepper (7%), Green Pepper (7%), Extra Virgin Olive Oil, Garlic, Sea Salt, Parsley, Chilli Powder	3 days in a suitable container - refrigerated	Store in a cool, dry place.	Y	N

[illegible]

Yeast free? (Y/N)	Fish free? (Y/N)	Crustacean free? (Y/N)	Mollusc free? (Y/N)	Pork free? (Y/N)	Gelatin Free? (Y/N)	Citric Acid free? (Y/N)	Palm oil free? (Y/N)	Caffeine free? (Y/N)	Lupin free? (Y/N)	Has salt been added to the product? (Y/N)	Has sugar been added to the product? (Y/N)	Alcohol free? (Y/N)	Energy (kJ) * per 100g	Energy (kcal)* per 100g	Fat (g)* per 100g	of which saturates* per 100g	Carbohydr ate (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)
Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	N	Y	446	106	3.7	0.5	13.1	3.8	3.4	3.6	0.8	N	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	nutritional as words
Y	N	N	N	UK	per 100g. KJ 446. Kcal 106. Fat 3.7 saturates 0.5 Carbs 13.1 Sugrs 3.8 Fibre 3.4 Protein 3.6 Salt 0.8