

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	Soup	RIF3002	Organic Moroccan Chickpea Soup 400g	<p>In Morocco, it is with Harira that the daily fast of Ramadan is traditionally broken. To the sound of canon fire marking sunset, deliciously filling chickpea soups are served in the street cafes within the maze of old streets criss-crossing the imperial city of Fez.</p> <p>Our Organic Moroccan Chickpea Soup, which combines chickpeas with tomatoes, herbs and spices and a dash of lemon is delicious served with warm crusty bread.</p>	Water, Tomatoes (14%), Chickpeas (10%), Onion, Lemon, Sunflower Oil, Sea Salt, Coriander, Cinnamon, Turmeric, Chilli Powder, Ginger, Cumin, Garlic Powder, Black Pepper.	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	195	46	1.4	0.2	5.8	1.5	1.4	1.8	0.7	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	nutritional as words
Y	N	N	N	UK	per 100g. KJ 195. Kcal 46. Fat 1.4   saturates 0.2 Carbs 5.8   Sugrs 1.5 Fibre 1.4   Protein 1.8 Salt 0.7