

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	Sauerkraut	RIF7002	RIFCo Organic Beety Kraut 300g	Organic Beety Kraut 300g	Classic Eastern European fermented organic red cabbage with sea salt and earthy spices, packed full of natural goodness. With beneficial live bacteria for a naturally plant-based, nutritional side dish.	Eastern European fermented, organic cabbage packed full of natural goodness. Just organic red cabbage, Celtic sea salt, and natural earthy spices.	Eastern European fermented, organic cabbage packed full of natural goodness and natural, earthy spices. The result is super tasty and offers vitamins C and K, potassium, calcium and phosphorus. And it's great in salad, with a sausage, even in a smoothie. Try not to cook it, just	Red Cabbage (37.5%), Carrots, Beetroot (18.7%), Onion, Ginger, Ground Cloves, Ground Cinnamon, 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	107	26	0.6	0.3	5.2	0.7	2.4	1	1	Y	N	Y	N	N	N	UK