

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	RIF3003	Organic Balinese Lentil & Pepper Soup 400g	To the sights and sounds of the exotic orchids, birds, butterflies, screaming monkeys and gold-tinted sunset, traditionally flavoursome soups are served in the warungs of Pulski, on the relatively unspoiled western peninsula of the Indonesian island of Bali. Our filling Organic Balinese Lentil and Red Pepper Soup blends ginger and chilli-laced lentils and red pepper with aromatic coconut milk and spices.	Water, Red Pepper (7.9%), Creamed Coconut (7.3%), Onion, Red Lentils (3.9%), Sea Salt, Ginger Puree, Chilli Powder, Nutmeg, Ground 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	489	117	4.3	0.6	14.2	2.7	3.4	3.7	0.1	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	Y	UK	per 100g. KJ 489. Kcal 117. Fat 4.3 saturates 0.6 Carbs 14.2 Sugrs 2.7 Fibre 3.4 Protein 3.7 Salt 0.1