

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)	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)
RIFCo	Soup	RIF3001	Organic Mexican Bean Soup 400g	Taking inspiration from the dishes created by the Tarascan Indians living in the mountain villages among the peaks surrounding the picturesque Lake Patzuario in Mexico, this soul-warming soup combines tomatoes with pinto beans, red peppers, chilli and herbs to create a traditionally hearty Organic Mexican soup.	Water,Tomato Puree (18%), Chopped Tomato, (13%), Pinto Beans (9%), Onions (8%), Red Peppers, Sunflower Oil, Sea Salt, Coriander, Chilli Powder, Garlic, Mint, Black Pepper	3 days in a suitable container - refrigerated	Store in a cool, dry place.	Y	N	Y	N	Y	Y

[illegible]

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)	Free from hydrogena ted 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)
Y	Y	Y	Y	Y	Y	Y	N	Y	230	55	1.1	0.2	8.2	4.5	1.6	2.2	0.8	Y	N	Y	N	N	N

Country of Origin	nutritional as words
UK	per 100g. KJ 230. Kcal 55. Fat 1.1 saturates 0.2 Carbs 8.2 Sugrs 4.5 Fibre 1.6 Protein 2.2 Salt 0.8