

## Diced Turkey

### Nutrition Facts

21 servings per container	
<b>Servings size</b>	<b>1/2 cup (24g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 40mg	<b>2%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 22g	
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron 1mg	6%
Potassium 236mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** TURKEY.

CAUTION: This product contains an oxygen absorber that is not intended for consumption. Please discard the packet upon opening can.  
Thrive Life®, 691 South Auto Mall Drive, American Fork, Utah 84003

Diced and ready to be dashed into your favorite dish. It's simply turkey!

- Bake into pot pie
- Mix into chili
- Pair with rice

However you want! Show us your creations at [thrivelife.com/recipes](http://thrivelife.com/recipes)

#### CHEF BITES

Add ½ cup of warm water to 1 cup of turkey and let sit for 15-20 minutes. Stir or tumble every 5 minutes. Or simply toss into any creation, and off you go!

#### FOR THE LOVE OF FOOD

As the center of family gatherings, late-night talks, and your kitchen table, food brings us together. Freeze drying locks in nutrients and flavor so you can stop chasing expiration dates, and enjoy tasty food anytime you want.



COOKED DICED TURKEY  
BREAST MEAT



COOKED DICED TURKEY  
BREAST MEAT



Net Wt. 17.77 oz (1.11 lb) 504g

Serving Suggestion