

# Broccoli

## Nutrition Facts

16 servings per container  
**Servings size** 1/2 cup (8g)

**Amount per serving**  
**Calories** 35

**% Daily Value\***

<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 25mg	<b>1%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 2g	<b>8%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 0mg	0%
Potassium 190mg	6%
Vitamin C 35mg	60%

<b>Protein 1g</b>	
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Calcium 25mg	2%
Iron 0mg	0%
Potassium 190mg	6%
Vitamin C 35mg	60%

\* 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:** BROCCOLI.

Processed in a facility that handles milk, egg, soy, wheat, & coconut products.  
**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

Cut into bite size pieces and packed with Vitamin C. It's simply broccoli!

- Snack from the can
- Blend into a cheese dip
- Bake into pot pie

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

### CHEF BITES

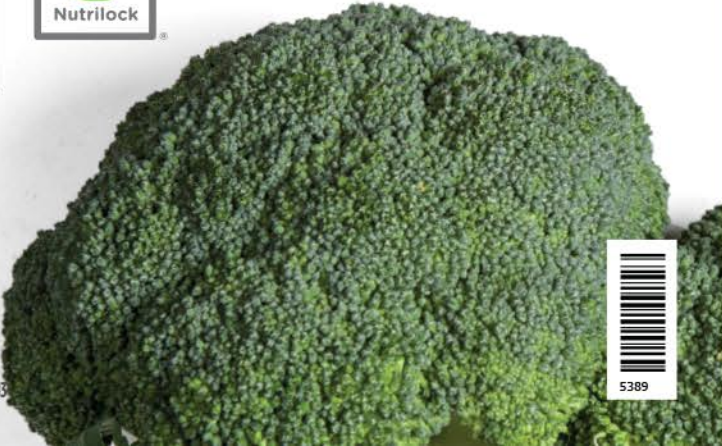
Add 1/3 cup of water to 1 cup of broccoli and let sit 5-10 minutes. Or simply toss into any creation, and off you go!

### 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.



BROCCOLI



FREEZE DRIED VEGGIES



BROCCOLI

Net Wt. 4.51 oz (0.28 lb) 128g

53841

Glue

Glue

Glue