

Cauliflower

Nutrition Facts

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

Amount per serving
Calories 35

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 35mg **2%**

Total Carbohydrate 6g **2%**

Dietary Fiber 2g **7%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 2g

Vitamin D 0mcg 0%

Calcium 24mg 2%

Iron 0mg 0%

Potassium 240mg 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: CAULIFLOWER.

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



Versatile with a mellow flavor. It's simply cauliflower!

Snack from the can

Bake into lasagna

Mash into potatoes

However you want! Show us your creations at thrivelife.com/recipes

CHEF BITES

Add 1 cup of water to 1 cup of cauliflower and let sit until tender. 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.



5385

CAULIFLOWER



CAULIFLOWER



Net Wt. 5.92oz (0.37lb) 168g

5385

Glue

Glue

Glue