

Chopped Onions

Nutrition Facts	
26 servings per container	
Servings size	1/2 cup (10g)
Amount per serving	
Calories	30
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 0mg	0%
Potassium 110mg	2%

INGREDIENTS: WHITE ONIONS.

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

Minced into bold crumbles, bursting with flavor. It's simply an onion!

- Bake on pizza
- Sprinkle over BBQ chicken
- Mix into clam chowder

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

CHEF BITES
 Add 1/2 cup of water to 1 cup of onions 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.



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CHOPPED ONIONS

FREEZE DRIED VEGGIES



CHOPPED ONIONS



Net Wt. 9.1 oz (0.57 lb) 260g

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