

Chopped Spinach

Nutrition Facts	
23 servings per container	
Servings size	1/2 cup (4g)
Amount per serving	
Calories	15
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 65mg	6%
Iron 0.93mg	4%
Potassium 170mg	5%
Vitamin A 150mcg	10%
Vitamin C 2mg	4%

INGREDIENTS: SPINACH.

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

Washed and chopped into crispy flakes bursting with Vitamins C and A. It's simply spinach!

- Sprinkle over tacos
- Blend in a smoothie
- Stir into a cheese dip

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

CHEF BITES

Add 1/2 cup of water to 1 cup of spinach in a covered container 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 SPINACH



FREEZE DRIED VEGGIES



CHOPPED SPINACH

5403-F

Net Wt. 3.24 oz (0.2 lb) 92g

Glue

Glue

Glue