

Granny Smith Apples

Nutrition Facts

16 servings per container
Servings size 1/2 cup (11g)

Amount per serving
Calories 40

% Daily Value*

Total Fat 0g **0%**
 Saturated Fat 0g **0%**
 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 140mg **6%**

Total Carbohydrate 10g **3%**

Dietary Fiber 0g **0%**

Total Sugars 8g

Includes 0g Added Sugars **0%**

Protein 0g

Vitamin D 0mcg 0%

Calcium 5mg 0%

Iron 0.58mg 4%

Potassium 65mg 2%

Vitamin C 110mg 190%

* 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: APPLES, SALT, ASCORBIC ACID, AND CITRIC ACID TO PROMOTE COLOR RETENTION.

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

Crunchified and sliced into whole fruit chips. It's simply a Granny Smith apple!

Snack from the can

Bake into cinnamon bread

Mix into fruit salad

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

CHEF BITES

Add ½ cup of water to 1 cup of apples 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.



GRANNY SMITH APPLES



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Net Wt. 6.20 oz (0.38 lb) 176g

Glue

Glue

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