Green Beans

Nutrition Facts

26 servings per container

Servings size 1/2 cup (6g)

Amount per serving

Calories 25

* Daily Value*

Total Fat Og	0%
Saturated Fat Og	0%
Trans Fat Og	
Cholesterol Omg	0%
Sodium Omg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Total Sugars 1g	
Includes Og Added Sugars	0%

Protein 1g
Vitamin D Omcg

Calcium 30mg 2%

Iron 0.55mg 4%

Petersium 120mg 499

 Iron 0.55mg
 4%

 Potassium 120mg
 4%

 Vitamin C 10mg
 15%

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: GREEN BEANS.

Washed, cut, and bursting with flavor. It's simply green beans!

Snack from the can

Bake into lasagna

Stir into chowder

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

CHEF BITES

Add ½ cup of water to 1 cup of green beans 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.

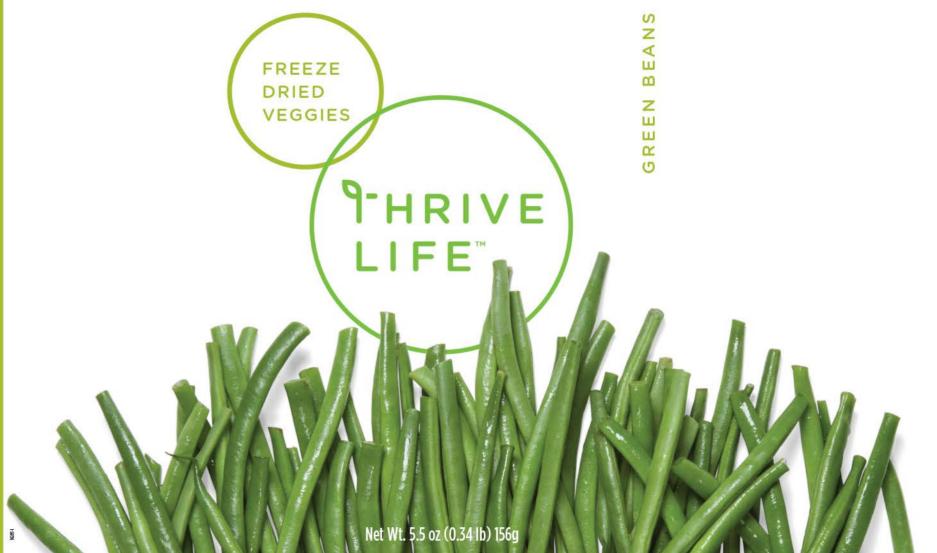


FOR RECIPES

AND MORE VISIT

THRIVELIFE.COM

GREEN BEA



Processed in a facility that handles milk, egg, soy, wheal, & occount 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, Utana