

Mangoes

Nutrition Facts

23 servings per container
Servings size 1/2 cup (15g)

Amount per serving
Calories **50**

% Daily Value*

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

Cholesterol 0mg **0%**
Sodium 0mg **0%**
Total Carbohydrate 14g **5%**
 Dietary Fiber 2g **8%**
 Total Sugars 12g

Includes 0g Added Sugars **0%**

Protein 0g

Vitamin D 0mcg 0%
 Calcium 10mg 0%
 Iron 0mg 0%
 Potassium 140mg 4%
 Vitamin A 225mcg 15%
 Vitamin C 25mg 40%

* 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: MANGOES.

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, diced, and bursting with Vitamins A and C. It's simply a mango!

Snack from the can

Mix into salsa

Mash into Jam

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

CHEF BITES

Add 1 cup of water to 1 cup of mangoes 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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MANGOES

FREEZE DRIED FRUITS

THRIVE LIFE™

MANGOES

Net Wt. 12.16 oz (0.76 lb) 345g



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Glue

Glue

Glue