

## Mushroom Pieces

### Nutrition Facts

27 servings per container  
**Servings size** 1/2 cup (3g)

**Amount per serving**  
**Calories** 10

**% Daily Value\***

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 0mg 0%

**Total Carbohydrate** 1g 0%

Dietary Fiber 0g 0%

Total Sugars 1g

Includes 0g Added Sugars 0%

**Protein** 1g

Vitamin D 0mcg 0%

Calcium 1mg 0%

Iron 0mg 0%

Potassium 142mg 4%

\* 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:** MUSHROOMS.

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

Cleaned, sliced, and rich with deep flavor. It's simply mushrooms!

Add to a stroganoff

Bake into casserole

Stir into pasta

However you want! Show us your creations at [thrivelife.com/recipes](http://thrivelife.com/recipes)

#### CHEF BITES

Add 1/3 cup of water to 1 cup of mushrooms 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](http://THRIVELIFE.COM)

MUSHROOM PIECES

FREEZE  
DRIED  
VEGGIES

THRIVE  
LIFE™

MUSHROOM PIECES

Net Wt. 2.85 oz (0.17 lb) 81g



5346

54051

Glue

Glue

Glue