

# Organic Mangoes

## Nutrition Facts

20 servings per container  
**Servings size** 1/2 cup (18g)

**Amount per serving**  
**Calories** 60

**% Daily Value\***

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

**Cholesterol** 0mg **0%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 16g **6%**

Dietary Fiber 2g **7%**

Total Sugars 14g

Includes 0g Added Sugars **0%**

**Protein** 1g

Vitamin D 0mcg 0%

Calcium 11mg 0%

Iron 0mg 0%

Potassium 174mg 4%

Vitamin C 38mg 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:** ORGANIC MANGOES.

Certified Organic by Utah Department of Agriculture and Food.  
 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

Raised in organic soil and bursting with Vitamin C. It's simply organic mangoes!

**Snack from the can**

**Mix into salsa**

**Mash into jam**

**However you want! Show us your creations at [thrivelife.com/recipes](http://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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Net Wt. 12.69 oz (0.79 lb) 360g

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