

# Parmesan Cheese

## Nutrition Facts

149 servings per container  
**Servings size** 1 Tbsp. (6g)

**Amount per serving**  
**Calories** 40

	% Daily Value*
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 122mg	10%
Iron 0mg	0%
Potassium 6mg	0%

\* 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:** PASTEURIZED PART-SKIM COW'S MILK, CHEESE CULTURES, SALT, ENZYMES, POWDERED CELLULOSE ADDED TO PREVENT CAKING, NATAMYCIN (A NATURAL MOLD INHIBITOR).

**CONTAINS: MILK.**

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

Carefully shredded and brimming with bold Italian flavor. It's cooking made simple!

Sprinkle in a salad

Melt over chicken

Mix into spaghetti

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



### CHEF BITES

Drizzle ½ cup of cold water over 2 cups of cheese and stir. Store in a resealable and refrigerate overnight or for several hours before use.

### 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.



PARMESAN CHEESE



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Net Wt. 31.53 oz (1.97 lb) 894g



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Glue

Glue

Glue