

Shredded Beef

Nutrition Facts	
23 servings per container	
Servings size	1/2 cup (27g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 440mg	19%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 39mg	4%
Iron 2mg	10%
Potassium 307mg	6%

INGREDIENTS: BEEF, SALT.

CAUTION: This product contains an oxygen absorber that is not intended for consumption. Please discard the packet upon opening can.

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Lightly shredded and tender to the touch. It's cooking made simple!

- Mix into soup
- Fold into tacos
- Bake in a casserole

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

CHEF BITES

Add ½ cup of hot water to 1 cup of beef and let sit for 5 minutes. 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.



SHREDDED BEEF
COOKED AND SEASONED



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Net Wt. 21.90 oz (1.36 lb) 621g Serving Suggestion

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