

Chopped Chicken

Nutrition Facts

23 servings per container  
Servings size 1/2 cup (24g)

Amount per serving  
Calories 110

	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 20mg	1%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 19g	

Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 1mg	6%
Potassium 220mg	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: CHICKEN.

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

FOR RECIPES  
AND MORE VISIT  
THRIVELIFE.COM

Flavorful white meat minced and cooked to the perfect texture. It's simply chopped chicken!

Top a stir fry

Bake in a casserole

Mix with rice

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

CHEF BITES

Add ½ cup of warm water to 1 cup of chicken and let sit 15–20 minutes 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.

CHOPPED CHICKEN  
COOKED WHITE MEAT

FREEZE  
DRIED  
MEATS

THRIVE  
LIFE™

CHOPPED CHICKEN  
COOKED WHITE MEAT



Net Wt. 19.47 oz (1.21 lb) 552g

Serving Suggestion