

Green Beans

Nutrition Facts

26 servings per container
Servings size 1/2 cup (6g)

Amount per serving
Calories 25

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 5g 2%

Dietary Fiber 2g 8%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 0.55mg 4%

Potassium 120mg 4%

Vitamin C 10mg 15%

*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: GREEN BEANS.

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

Washed, cut, and bursting with flavor. It's simply green beans!

Snack from the can

Bake into lasagna

Stir into chowder

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

CHEF BITES

Add ½ cup of water to 1 cup of green beans 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.



GREEN BEANS



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Net Wt. 5.5 oz (0.34 lb) 156g



5341

MP1

Glue

Glue

Glue