Shredded Beef

Nutrition Facts

Servings size 1/2 cup (27g	23 servings per	container
	Servings size	1/2 cup (27g

130

6%

Amount per serving Calories

% Dail	/ Value*
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat Og	
Cholesterol 60mg	20%
Sodium 440mg	19%
Total Carbohydrate Og	0%
Dietary Fiber Og	0%
Total Sugars Og	
Includes Og Added Sugars	0%
Protein 19g	
Vitamin D Omcg	0%
Calcium 39mg	4%
Iron 2mg	10%

*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: BEEF, SALT.

Potassium 307mg

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 1/2 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.



CAUTION: This product contains an oxygen absorber that is not intended for consumption. Please discard the packet upon opening can. ⁸ Thrive Life[®], 691 South Auto Mall Drive, American Fork, Utah 84003

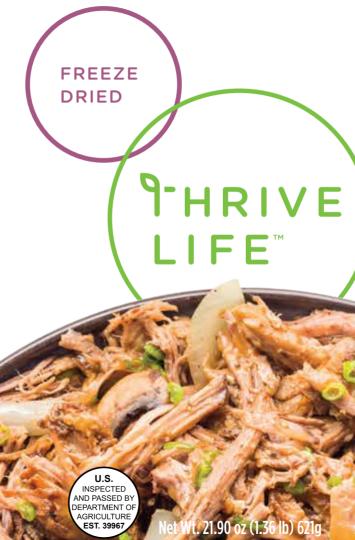


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FOR RECIPES

AND MORE VISIT

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