

Sweet Corn

Nutrition Facts

25 servings per container
Servings size 1/2 cup (18g)

Amount per serving
Calories 60

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 14g **5%**

Dietary Fiber 1g **4%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 2g

Vitamin D 0mcg 0%

Calcium 1mg 0%

Iron 0mg 0%

Potassium 197mg 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: CORN.

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

Perfectly crunchified kernels with a sweet taste. It's simply corn!

Snack from the can

Mix into salsa

Bake in a casserole

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

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CHEF BITES

Add 1/3 cup of water to 1 cup of sweet corn 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.



SWEET CORN

FREEZE
 DRIED
 VEGGIES

THRIVE
 LIFE™

SWEET CORN

Net Wt. 15.87 oz (0.99 lb) 450g

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