

# Asparagus

## Nutrition Facts

22 servings per container  
Servings size **1/2 cup (5g)**

Amount per serving  
**Calories 15**

% Daily Value\*

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 5mg **0%**

**Total Carbohydrate** 3g **1%**

Dietary Fiber 1g **4%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 2g

Vitamin D 0mcg 0%

Calcium 16mg 2%

Iron 0mg 0%

Potassium 166mg 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:** ASPARAGUS.

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

Chopped into bite sized pieces and always in season. It's simply asparagus!

**Snack from the can**

**Mix into Alfredo sauce**

**Toss into chicken salad**

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

### CHEF BITES

Add 1/3 cup of water to 1 cup of asparagus 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.



FOR RECIPES AND MORE VISIT [THRIVELIFE.COM](http://THRIVELIFE.COM)

ASPARAGUS



5320

FREEZE DRIED VEGGIES

THRIVE LIFE™

ASPARAGUS

Net Wt. 3.88 oz (0.24 lb) 110g

5320-1

Glue

Glue

Glue