

Nutrition Facts

28 servings per container

Serving size 2 Tbsp. (16g)

Amount per serving
Calories 70

% Daily Value*

Total Fat 2.5g 3%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 320mg 14%

Total Carbohydrate 9g 3%

Dietary Fiber 0g 0%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 1mcg 6%

Calcium 93mg 8%

Iron 0mg 0%

Potassium 187mg 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: CREAM POWDER (CREAM, WHEY, NONFAT DRY MILK, CORN SYRUP SOLIDS, SALT), POWDERED INSTANT MILK (NONFAT MILK SOLIDS, VITAMIN A PALMITATE, VITAMIN D3), FOOD STARCH-MODIFIED, SALT, ONION POWDER, SUGAR, GARLIC, THYME, SILICON DIOXIDE (ANTICAKING AGENT).

CONTAINS: MILK.

Thrive Life®, 691 South Auto Mall Drive, American Fork, Utah 84003

Béchamel

Creamy White Sauce

Just add water for a creamy white béchamel sauce infused with a soft, buttery taste. It's cooking made simple!

Bake into lasagna

Create an Alfredo sauce

Lather over meatballs

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

CHEF BITES

Slowly whisk 1 cup of powder into 2 cups of hot water and stir well. Let simmer for 2-3 minutes and let rest for 1-2 minutes. Makes 2 cups sauce.

FOR THE LOVE OF FOOD

As the center of family gatherings, late-night talks, and your kitchen table, food brings us together. With Thrive Life, you can enjoy that taste you love anytime you want.

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.



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6298

5978

Serving
Suggestion

THRIVE
LIFE™

HOMESTYLE

SAUCES

CONVENIENT

Net Wt. 15.8 oz (448g)

BÉCHAMEL
CREAMY WHITE SAUCE