

CHICKEN SALAD

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Nutrition Facts

1 serving per container

Serving size 1 pouch (25g)

Amount per serving

Calories **110**

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 45mg **15%**

Sodium 40mg **2%**

Total Carbohydrate 4g **1%**

Dietary Fiber 1g **4%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 16g

Vitamin D 0mcg 0%

Calcium 22mg 2%

Iron 1mg 6%

Potassium D 263mg 6%

*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: CHOPPED CHICKEN COOKED WHITE MEAT*, ONION*, CELERY*, FREEZE DRIED

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

Just add water and mayo for a creamy chicken salad you can enjoy anytime, anywhere.

Eat in a sandwich

Serve over crackers

Enjoy straight out of the bag

REFRESH

REMOVE OXYGEN ABSORBER. Add ¼ cup water to the bag and shake every couple of minutes until water is absorbed (about 5 min). Then, add desired amount of mayo and seasoning. Stir or shake well and enjoy!

