

FETTUCCHINE ALFREDO

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Serve Fettuccine Alfredo in minutes with our hand-crafted recipe developed in our kitchen! Simmering in Thrive Life Basil, Parmesan Cheese, and Instant Milk you have everything you need to make a creamy Italian cuisine!

COOKING DIRECTIONS

1. Bring 3¾ cups of water to a boil.
2. Whisk in contents of package. Return to a boil.
3. Reduce heat and simmer for 7-8 minutes uncovered, stirring frequently.
4. Let stand for 5 minutes. Stir in 2 tbsp. butter before serving if desired. Season to taste.

THRIVE LIFE EXPRESS MEALS

There's no need to sacrifice the quality of your meals because of a shortage on time. Our Express meals combine nutritious freeze dried vegetables and tasty herbs and spices to bring your family a flavorful meal in a matter of minutes. So gather around, and taste the mouth-watering convenience of Thrive Life Express.

Nutrition Facts

Serving Size ¾ Cup, dry (71g)
(About 1 Cup prepared)
Serving Per Container 4

Amount Per Serving	
Calories 300	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 590mg	25%
Total Carbohydrate 41g	14%
Dietary Fiber 1g	4%
Sugars 4g	

Protein 13g	
Vitamin A 6%	• Vitamin C 0%
Calcium 20%	• Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than: 65g	80g
Sat Fat	Less than: 20g	25g
Cholesterol	Less than: 300mg	300mg
Sodium	Less than: 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

INGREDIENTS: EGG NOODLE PASTA (DURUM SEMOLINA, EGGS [ENRICHED WITH IRON {FERROUS SULFATE}, AND B VITAMINS {NIAICIN, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID}],), PARMESAN CHEESE (PASTEURIZED MILK, SALT, CHEESE CULTURE, ENZYMES, DISODIUM PHOSPHATE, LACTIC ACID), CREAM POWDER (CREAM, NONFAT DRY MILK, TOCOPHEROLS, AND ASCORBYL PALMITATE), INSTANT MILK (GRADE A LOW HEAT NONFAT DRY MILK, VITAMIN A PALMITATE AND VITAMIN D3), WHITE CHEDDAR CHEESE (PASTEURIZED MILK, SALT, CHEESE CULTURE, ENZYMES), FOOD STARCH-MODIFIED, WHITE WINE POWDER (GLUCOSE SYRUP, SOLID WHITE WINE), SALT, GRANULATED GARLIC, ONION POWDER, PEPPERCORN BLEND (SPICES, RED AND GREEN DEHYDRATED BELL PEPPER, AND LESS THAN 2% SUNFLOWER OIL TO PREVENT CAKING), BASIL, ROSEMARY EXTRACT.

CONTAINS: WHEAT, EGGS, AND MILK.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND COCONUT PRODUCTS.

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

