

# Nutrition Facts

6 servings per container

**Serving size** 1/2 cup (26g)

**Amount per serving**

**Calories** 100

**% Daily Value\***

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 15mg 1%

**Total Carbohydrate** 26g 9%

Dietary Fiber 1g 4%

Total Sugars 23g

Includes 0g Added Sugars 0%

**Protein** 0g

Vitamin D 0mcg 0%

Calcium 23mg 2%

Iron 0mg 0%

Potassium 267mg 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:** GRAPES.

**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

## Purple Grapes

Crunchified and sliced into sweet bite-sized pieces. It's simply a grape!

**Snack from the can**

**Mix into chicken salad**

**Freeze into popsicles**

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

### CHEF BITES

Place 1 cup of grapes on a plate and spray with water until thoroughly soaked. Wrap in plastic and let sit at room temperature for 45 minutes. 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.



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6765

FREEZE  
DRIED  
FRUITS

THRIVE  
LIFE™

PURPLE GRAPES

5/21

Net Wt 5.5 oz (156g)