## Green Bell Peppers

## **Nutrition Facts**

22 servings per container Servings size

1/2 cup (4g)

Amount per serving **Calories** 

15 % Daily Value\* Total Fat Og Saturated Fat Og

Trans Fat Og Cholesterol Omg Sodium Omg Total Carbohydrate 3g

Dietary Fiber 1g Total Sugars Og

Includes Og Added Sugars

Protein 1g

Vitamin D Omcg Calcium 5mg Iron 0.42mg

Potassium 60mg Vitamin C 30mg

**INGREDIENTS:** GREEN BELL PEPPERS.

Washed, diced, and bursting with fresh, sweet flavor. It's simply green bell peppers!

Snack from the can

Mix with scrambled eggs

Fold into a fajita

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

## CHEF BITES

Add 1/3 cup of water to 1 cup of peppers and let sit 10-15 minutes until tender. Or simply toss into any creation, and off you go!

## FOR THE LOVE OF FOOD

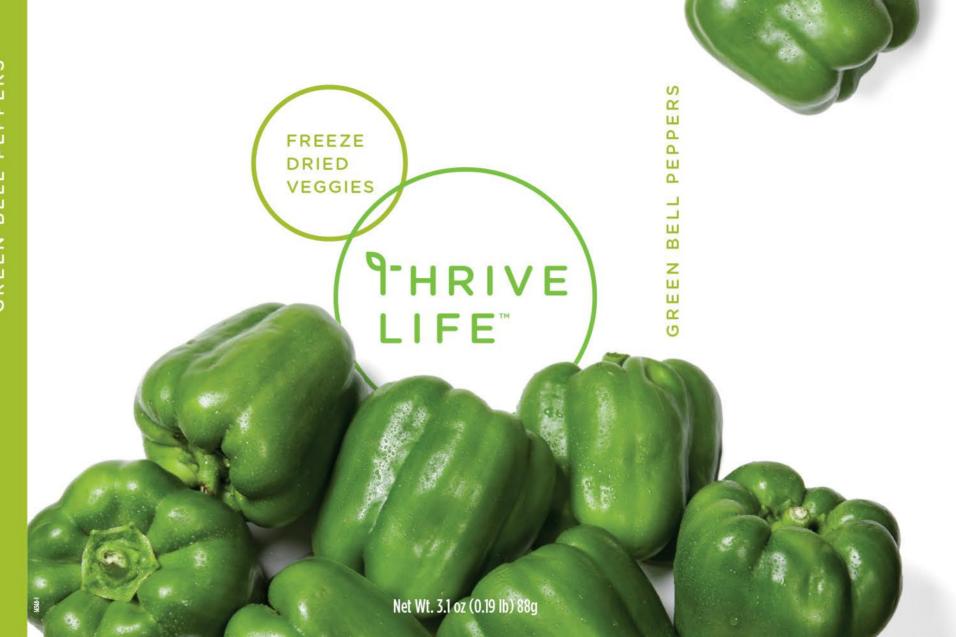
As the center of family gatherings, late-night talks, and your kitchen table, food brings us together. Freeze drying locks in nutrients and flavor so you can stop chasing expiration dates, and enjoy tasty food anytime you want.



FOR RECIPES

AND MORE VISIT

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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

<sup>\*</sup> 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.