

Green Bell Peppers

Nutrition Facts

22 servings per container

Servings size 1/2 cup (4g)

Amount per serving

Calories 15

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 3g 1%

Dietary Fiber 1g 4%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 5mg 0%

Iron 0.42mg 2%

Potassium 60mg 2%

Vitamin C 30mg 50%

* 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: GREEN BELL PEPPERS.

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

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 ½ 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
THRIVELIFE.COM



GREEN BELL PEPPERS



FREEZE
DRIED
VEGGIES



GREEN BELL PEPPERS

Net Wt. 3.1 oz (0.19 lb) 88g

Glue

Glue

Glue