

Grab a handful of buttery Havarti cheese and crunchy woven pretzels for a simple snack that satisfies!

**FOR THE LOVE OF FOOD**

Our Nutrilock® freeze drying locks in flavor and nutrients so you can stop chasing expiration dates and enjoy tasty food anytime you want.

**THRIVING NATIONS**

Thrive Life donates five percent of profits to help reduce world hunger. Find out more at [thrivelife.com/thrivingnations](http://thrivelife.com/thrivingnations)



**Nutrition Facts**

4 servings per container  
**Servings size** 1/2 cup (32g)

**Amount per serving**  
**Calories** 190

	<b>% Daily Value*</b>
<b>Total Fat</b> 13g	<b>17%</b>
Saturated Fat 8g	<b>40%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 360mg	<b>16%</b>
<b>Total Carbohydrate</b> 10g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>

**Protein** 8g

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Vit. D 0mcg 0% • Calcium 190mg 15%  
 Iron 0mg 0% • Potas. 62mg 2%

\*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:** HAVARTI CHEESE CUBES (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES, ANNATTO (NATURAL VEGETABLE COLOR)), PRETZELS (ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MALT, CANOLA OIL, SALT, YEAST, BAKING SODA).

**CONTAINS MILK AND WHEAT.**

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

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



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