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Fused with our Italian Herb Blend and Garlic, and mixed with Tomato Dices and Onion Slices, our Italian Pasta Marinara brings all your favorite Thrive Life ingredients to your dinner table in record time!

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 8-10 minutes, stirring frequently.
4. Let stand for 5 minutes. Stir in 2 tbsp. butter before serving if desired. Season to taste.

THRIVE LIFE EXPRESS

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 (67g)
 (About 1 Cup prepared)
 Serving Per Container 4

Amount Per Serving	
Calories 240	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 640mg	27%
Total Carbohydrate 47g	16%
Dietary Fiber 3g	12%
Sugars 9g	
Protein 8g	

Vitamin A 20% • Vitamin C 15%
 Calcium 8% • Iron 15%

*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	2,500v
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: ROTINI PASTA (DURUM WHEAT SEMOLINA [ENRICHED WITH IRON {FERROUS SULFATE} AND B VITAMINS {NIAICIN, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID}], TOMATO SAUCE (TOMATO POWDER, FOOD STARCH-MODIFIED, SUGAR, MILK FAT, WHEY, SALT, SWEET CREAM, GARLIC POWDER, ONION POWDER, SPICES, NONFAT MILK SOLIDS, NONFAT MILK, CARROT POWDER, DEXTROSE, SODIUM CASEINATE, SODIUM PHOSPHATE, MALTODEXTRIN, NATURAL FLAVOR, YEAST EXTRACT, CITRIC ACID, SILICON DIOXIDE [ANTICAKING AGENT], ANNATTO COLOR), PARMESAN CHEESE POWDER (PASTEURIZED MILK, SALT, CHEESE, CULTURE ENZYMES, DISODIUM PHOSPHATE, LACTIC ACID), ONIONS, SUGAR, TOMATO POWDER, TOMATO DICES (TOMATOES, TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE), SALT, GRANULATED GARLIC, ITALIAN SEASONING BLEND (OREGANO, BASIL, ROSEMARY, THYME, MARJORAM, SAGE, SAVORY), PEPPERCORN BLEND (SPICES, RED AND GREEN DEHYDRATED BELL PEPPER, AND LESS THAN 2% SUNFLOWER OIL ADDED TO PREVENT CAKING).

CONTAINS: WHEAT, 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

