

## Onion Slices

### Nutrition Facts

23 servings per container  
**Serving size** 1/2 cup (6g)

**Amount per serving**  
**Calories** 20

**% Daily Value\***

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 5g **2%**

Dietary Fiber 1g **4%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

**Protein** 1g

Vitamin D 0mcg 0%

Calcium 11mg 0%

Iron 0mg 0%

Potassium 0mg 0%

\*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:** WHITE ONIONS.

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

Sliced into bold strips with a bright taste. It's simply an onion!

Stir into French onion soup

Bake into stuffing

Cook with orange chicken

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

#### CHEF BITES

Add 3 tbsp. of water to 1 cup of onions and let sit 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.



ONION SLICES



ONION SLICES



Net Wt. 4.86 oz (0.30 lb) 138g



5811