

# Nutrition Facts

14 servings per container

**Serving size** 1/4 cup (2.5g)

**Amount per serving**

**Calories** 10

% Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 0mg 0%

**Total Carbohydrate** 2g 1%

Dietary Fiber 1g 4%

Total Sugars 1g

Includes 0g Added Sugars 0%

**Protein** 0g

Vitamin D 0mcg 0%

Calcium 17mg 2%

Iron 1mg 6%

Potassium 78mg 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:** GREEN 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

## Green Onions

Washed, minced and bursting with crisp flavor. It's simply green onions!

Stir into soup

Sprinkle over chicken

Mix into salad

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

FOR RECIPES  
AND MORE VISIT  
[THRIVELIFE.COM](http://THRIVELIFE.COM)

### CHEF BITES

Add desired amount of onions into a small strainer and run under a gentle stream of cold water for about 20 seconds. Drain and dry. 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.



6300

FREEZE  
DRIED  
VEGGIES

THRIVE  
LIFE™

GREEN ONIONS

5596

Net Wt. 1.23 oz (35 g)