

Pears

Nutrition Facts

23 servings per container
Servings size 1/2 cup (18g)

Amount per serving	
Calories	60
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 16g	6%
Dietary Fiber 3g	11%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 0mg	0%
Potassium 133mg	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: PEARS, ASCORBIC ACID, AND CITRIC ACID.

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

Crunchified and diced into perfect bite-sized pieces with a sweet, mellow flavor. It's simply a pear!

- Snack from the can
 - Mash into a jam
 - Bake into a cobbler
- However you want! Show us your creations at thrive.life.com/recipes

CHEF BITES
 Add 1 cup of water to 1 cup of pears and let sit until tender. Or simply toss into any creation, and off you go!

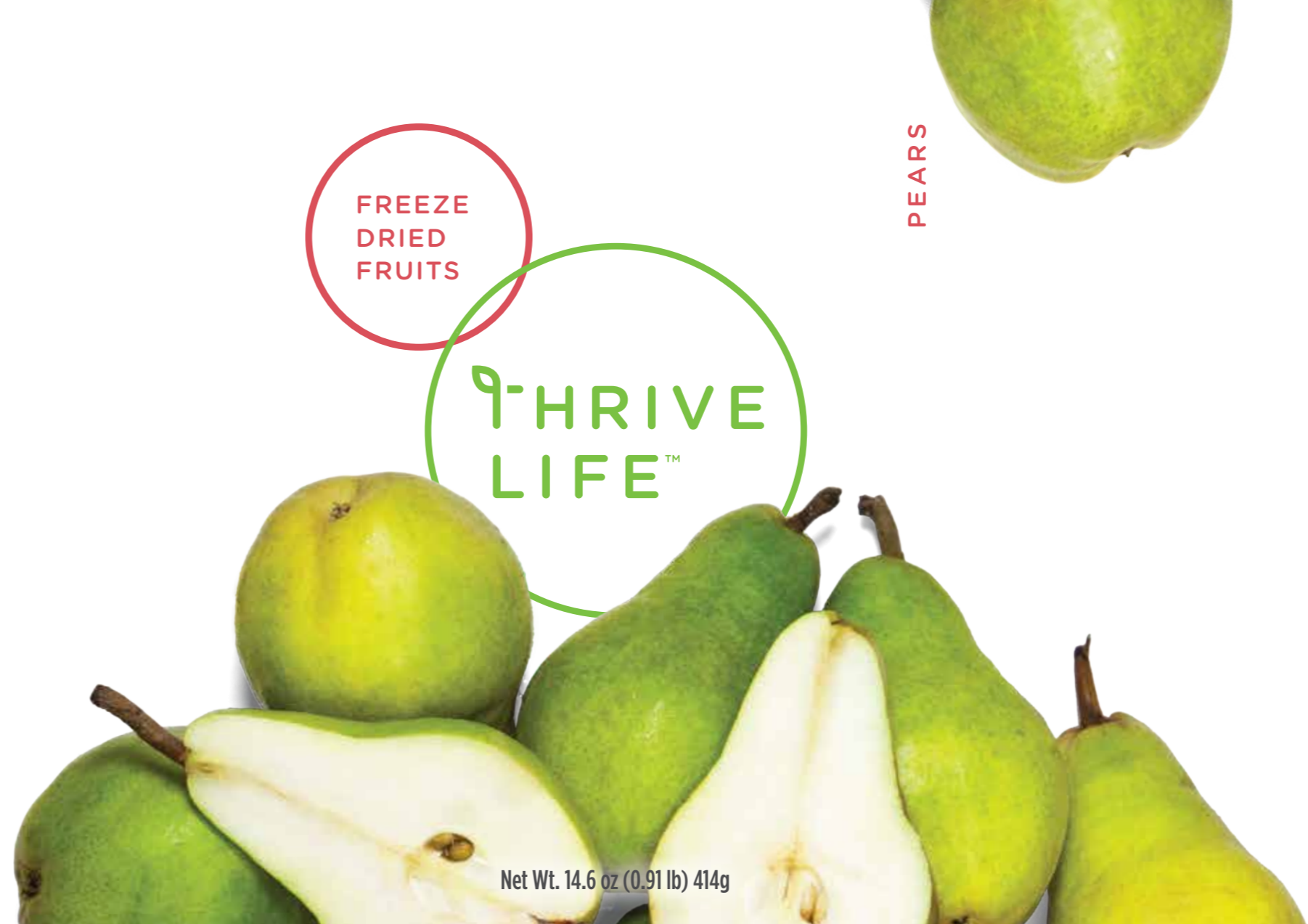
FOR THE LOVE OF FOOD
 As the center of family gatherings, late-night talks, and your kitchen table, food brings us together. Freeze drying locks in nutrients and flavor so you can stop chasing expiration dates, and enjoy tasty food anytime you want.



PEARS



PEARS



Net Wt. 14.6 oz (0.91 lb) 414g

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