

Pineapple

Nutrition Facts	
17 servings per container	
Serving size	1/2 cup (16g)
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 14g	5%
Dietary Fiber 2g	7%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 14mg	2%
Iron 0mg	0%
Potassium 120mg	2%
Vitamin C 53mg	60%

*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.

Cored, crunchified, and bursting with rich Vitamin C. It's simply a pineapple!

- Snack from the can
- Fold into a chicken wrap
- Blend into a smoothie
- However you want! Show us your creations at thrivelife.com/recipes



CHEF BITES

Add 1 cup of water to 1 cup of pineapple 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.



INGREDIENTS: PINEAPPLE.

Processed in a facility that handles milk, egg, soy, wheat, and peanut 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



PINEAPPLE



PINEAPPLE



Net Wt. 9.59 oz (0.59 lb) 272g

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