

Dehydrated Onions

Nutrition Facts

23 servings per container
Servings size 1/2 cup (46g)

Amount per serving
Calories 160

% Daily Value*

Total Fat 0g 0%
 Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 38g 14%

Dietary Fiber 4g 14%

Total Sugars 17g

Includes 0g Added Sugars 0%

Protein 4g

Vitamin D 0mcg 0%

Calcium 118mg 10%

Iron 1mg 6%

Potassium 746mg 15%

*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

Minced and dehydrated into bold crumbles, bursting with flavor. It's simply an onion!

Bake on pizza

Sprinkle over BBQ chicken

Mix into clam chowder

However you want! Show us your creations at thrivelife.com/recipes

CHEF BITES

Add 1 cup 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. With Thrive Life, you can enjoy that taste you love anytime you want.



DEHYDRATED ONIONS

DEHYDRATED VEGGIES

THRIVE LIFE™

DEHYDRATED ONIONS

Net Wt. 37.31 oz (2.33 lb) 1058g