

# Tomato Dices

Nutrition Facts	
20 servings per container	
<b>Servings size</b>	<b>1/2 cup (4g)</b>
Amount per serving	
<b>Calories</b>	<b>15</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.20mg	2%
Potassium 180mg	6%
Vitamin A 90mcg	10%
Vitamin C 10mg	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:** RED TOMATOES.

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

Sun-ripened and diced with precision. It's simply tomatoes!

- Mix into salsa
- Top a pizza
- Stir into lasagna

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

**CHEF BITES**

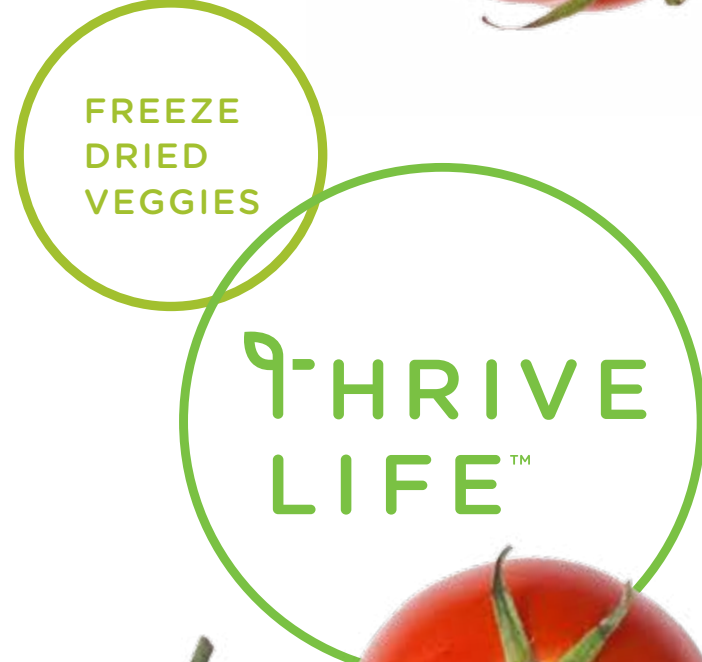
Add 1/3 cup of water to 1 cup of tomatoes and let sit until tender. Or simply toss into any creation, and off you go!

**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.



TOMATO DICES



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Net Wt. 2.82 oz (0.17 lb) 80g

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