

Carrot Dices

Nutrition Facts	
20 servings per container	
Servings size	1/2 cup (40g)
Amount per serving	
Calories	130
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 32g	12%
Dietary Fiber 3g	11%
Total Sugars 21g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 84mg	6%
Iron 2mg	10%
Potassium 1005mg	20%
Vitamin A 1620mcg	180%
Vitamin C 29mg	30%

INGREDIENTS: CARROTS.

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

Carefully diced, dehydrated, and packed with Vitamins A and C. It's simply carrots!

Sprinkle in chicken noodle soup

Bake into a pot pie

Add to veggie lasagna

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

CHEF BITES

Add 1/2 cup of water to 1/2 cup of carrots 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.



CARROT DICES



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Net Wt. 28.2 oz (1.76 lb) 800g

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