

Instant Quinoa

Nutrition Facts

26 servings per container
Servings size 1/2 cup (24g)

Amount per serving
Calories 100

% Daily Value*

Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 21mg	2%
Iron 1mg	6%
Potassium 140mg	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: WHITE QUINOA.

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

Fluffy, packed with nutrients, and ready in an instant. It's simply quinoa!

- Sprinkle into salad
- Eat like oatmeal
- Flatten into breadsticks
- However you want! Show us your creations at thrivelife.com/recipes

CHEF BITES
 Bring 1 cup of Quinoa and 2 cups of water to a simmer for 2-3 minutes. Rinse and drain any excess water. On the go? Add some hot or cold liquid to your Quinoa, let it rest, then enjoy!

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.



INSTANT QUINOA



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Net Wt. 22.01 oz (1.97 lb) 624g

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