

Kale

Nutrition Facts

25 servings per container
Servings size 1/2 cup (4g)

Amount per serving
Calories 15

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	

Vitamin D 0mcg	0%
Calcium 55mg	6%
Iron 1.35mg	8%
Potassium 170mg	5%
Vitamin A 530mcg	60%
Vitamin C 20mg	35%

* 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: CURLY KALE.

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

Sprouted in nature and packed with nutrients. It's simply kale!

Stir into pasta

Stuff inside mushrooms

Blend in a smoothie

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

CHEF BITES

Add ¼ cup of water to 1 cup of kale 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.



KALE



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Net Wt. 3.52 oz (0.22-lb) 100g



Glue

Glue

Glue