

Sweet Potatoes

Nutrition Facts

29 servings per container
Serving size 1/2 cup (8g)

Amount per serving
Calories 30

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 7g **3%**

Dietary Fiber 1g **4%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 1g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 1mg 6%

Potassium 224mg 4%

Vitamin A 318mcg 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: SWEET POTATOES.

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



FOR RECIPES
 AND MORE VISIT
 THRIVELIFE.COM

Peeled, diced, and ready for dinner. It's simply sweet potatoes!

Roast with herbs

Bake into a casserole

Stir into soup

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

CHEF BITES

Add ¼ cup water to 1 cup of sweet potatoes and tumble well. Let sit 2-3 minutes until tender.

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.



SWEET POTATOES

FREEZE
 DRIED
 VEGGIES

THRIVE
 LIFE™

SWEET POTATOES

Net Wt. 8.18 oz (0.51 lb) 232g

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