Sweet Potatoes

Nutrition Facts

29 servings per container

Serving size 1/2 cup (8g)

Amount per serving

Vitamin D Omcg

Calories

	% Daily Value*
Total Fat Og	0%
Saturated Fat Og	0%
Trans Fat Og	
Cholesterol Omg	0%
Sodium 5mg	0%
Total Carbohydrate 7g	3%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes Og Added S	Sugars 0 %
Protein 1g	

Calcium 10mg Iron 1mg Potassium 224mg Vitamin A 318mcg

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.

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

Roast with herbs

Bake into a casserole

Stir into soup

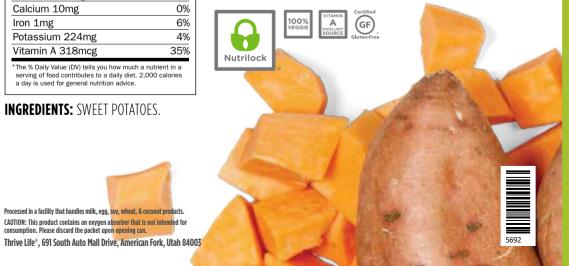
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CHEF BITES

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

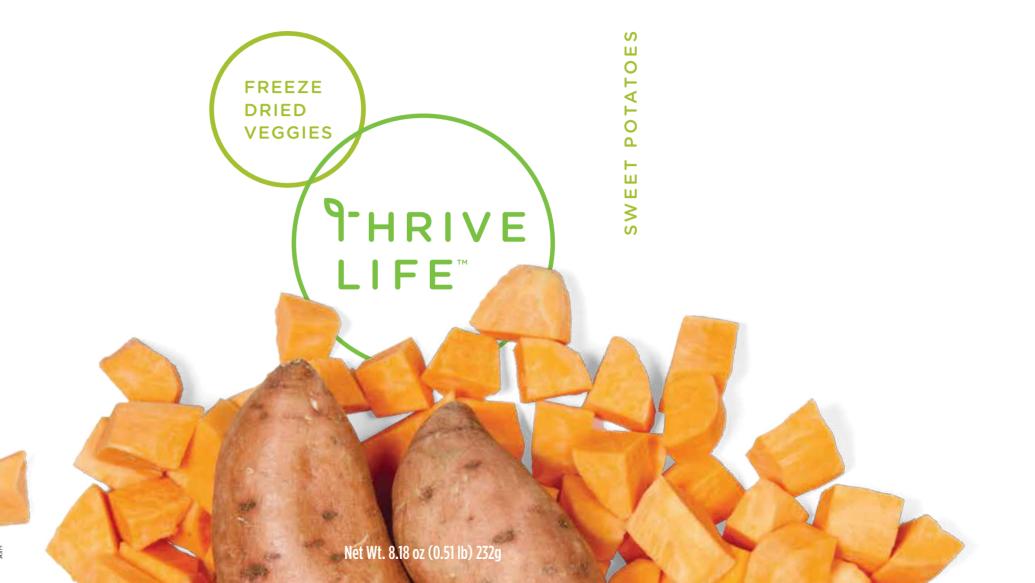
As the center of family gatherings, late-night talks, and your kitchen table, food brings us together. Freeze drying locks in nutrients and flavor so you can stop chasing expiration dates and enjoy tasty food anytime you want.



FOR RECIPES

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^{*}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.