

Butternut Squash

Nutrition Facts

23 servings per container
Servings size 1/2 cup (9g)

Amount per serving
Calories 30

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 8g **3%**

Dietary Fiber 3g **11%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 1g

Vitamin D 0mcg 0%

Calcium 15mg 2%

Iron 0mg 0%

Potassium 108mg 2%

Vitamin A 485mcg 50%

* 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: BUTTERNUT SQUASH.

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

Rich flavor, authentic texture, and completely hassle free. It's simply butternut squash!

Mash into potatoes

Puree into a soup

Bake into a cake

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

CHEF BITES

Add 1/3 cup of water to 1 cup of squash 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.



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BUTTERNUT SQUASH



5395

FREEZE
 DRIED
 VEGGIES

THRIVE
 LIFE™

BUTTERNUT SQUASH

Net Wt. 7.3 oz (0.45 lb) 207g

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