

Ground Beef

Nutrition Facts

20 servings per container
Servings size 1/2 cup (36g)

Amount per serving
Calories 220

% Daily Value*

Total Fat 16g **21%**

Saturated Fat 6g **30%**

Trans Fat 0g

Cholesterol 60mg **20%**

Sodium 310mg **13%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 19g

Vitamin D 0mcg 0%

Calcium 33mg 2%

Iron 2mg 10%

Potassium 200mg 6%

* 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: BEEF, LESS THAN 2% VEGETABLE PROTEIN (PEA PROTEIN ISOLATE, PEA PROTEIN), SALT, NATURAL FLAVORS, GRILL FLAVOR (NATURAL FLAVOR [FROM SUNFLOWER OIL, GUM ARABIC]), SPICE.

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

Seasoned, ground, and cooked to perfection. It's cooking made simple!

Mix into spaghetti

Bake in a shepherd's pie

Season for tacos

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

CHEF BITES

Add ½ cup of warm water to 1 cup of beef and let sit for 15–20 minutes 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.



COOKED SEASONED
GROUND BEEF
 PATTY CRUMBLE



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Net Wt. 25.4 oz (1.58 lb) 720g

Serving Suggestion



5930

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