

Celery

Nutrition Facts

20 servings per container
Serving 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 60mg **3%**

Total Carbohydrate 3g **1%**

Dietary Fiber 1g **4%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 1g

Vitamin D 0mcg 0%

Calcium 29mg 2%

Iron 0mg 0%

Potassium 205mg 4%

* 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: CELERY.

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

Washed and diced into bold pieces for versatility at its best. It's simply celery!

Snack from the can

Mix into chicken salad

Cook in a stir fry

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

CHEF BITES

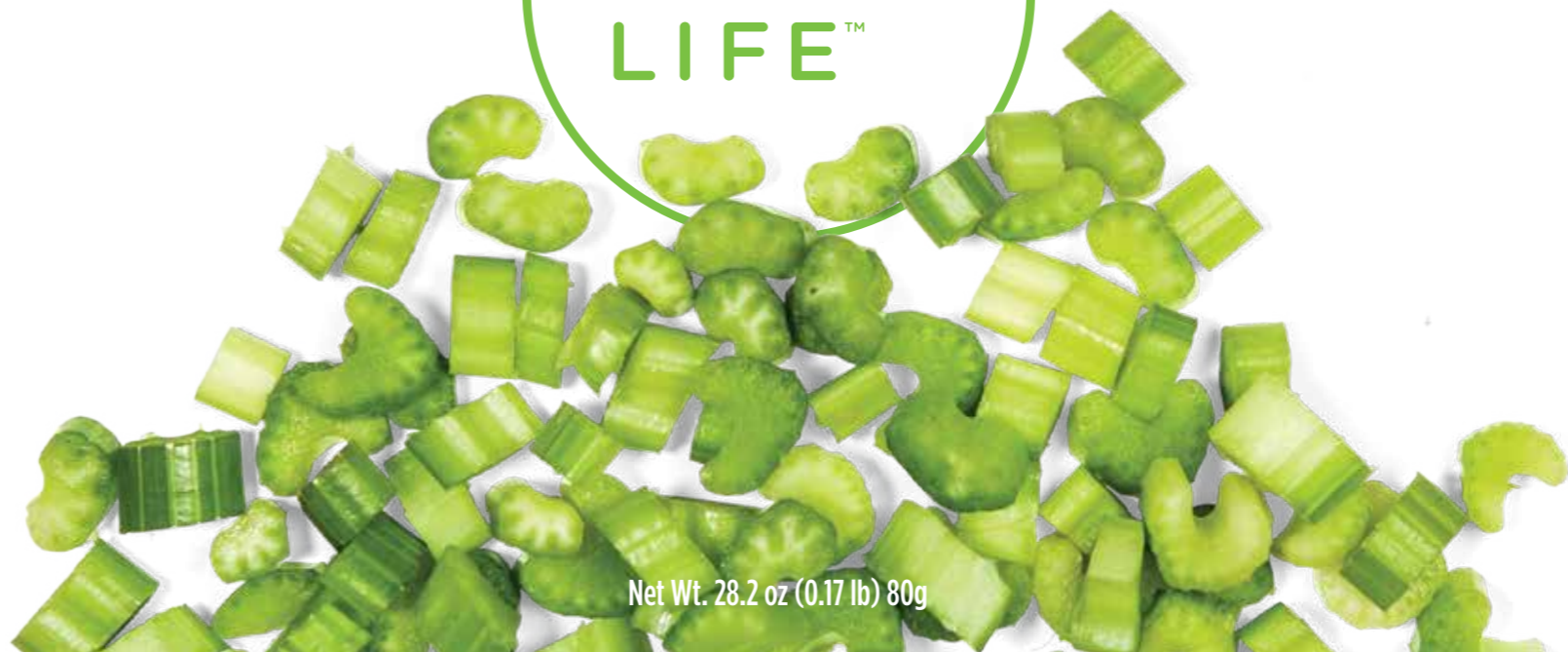
Add 1/3 cup of water to 1 cup of celery and let sit until tender. Or simply toss into any creation, and off you go!

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.



CELERY



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Net Wt. 28.2 oz (0.17 lb) 80g