

Nutrition Facts

about 18 servings per container

Serving size 1/4 Cup (50g)

Amount per serving

Calories 110

% Daily Value*

Total Fat 10g **13%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 4g **1%**

Dietary Fiber 3g **11%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 1g

Vitamin D 0mcg 0% • Calcium 0mg 0%

Iron 0mg 0% • Potassium 190mg 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

Hass Avocado.