

Nutrition Facts

About 7 Servings per container
Serving Size 1/2 cup (50g)

Amount per serving

Calories **80**

% Daily Value*

Total Fat 8g	1%
Saturated Fat 1g	5%
Trans Fat 0g	
Mono-unsaturated Fat 5g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 4g	1%
Dietary Fiber 3g	11%
Total Sugars 0g	
Protein 1g	2%

VITAMIN D	0mcg	0%
CALCIUM	10mg	1%
IRON	0.3mg	3%
POTASSIUM	250mg	6%
VITAMIN K	11mcg	10%
VITAMIN B5	0.7mg	14%
FOLATE	45mcg	11%

*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:

Organic Hass Avocado,
Less than 0.5% of Lime
Juice and Ascorbic Acid



**KEEP
FROZEN
UNTIL USE**