

# AVOCADO HALVES

## GUACAMOLE

### Nutrition Facts

Serving Size 1 piece (142g)  
Servings Per Container

Amount Per Serving

**Calories** 180    **Calories from Fat** 140

% Daily Value\*

**Total Fat** 16g    **25%**

Saturated Fat 2.5g    **13%**

Trans Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 230mg    **10%**

**Total Carbohydrate** 11g    **4%**

Dietary Fiber 8g    **32%**

Sugars 2g

**Protein** 2g

Vitamin A 8%    • Vitamin C 25%

Calcium 2%    • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

### PACKING INFORMATION

Units per case: 6

Case NET weight: 12 lbs

Case GROSS weight: 13 lbs

Cases per layer: 15

Layers per pallet: 6

Cases per pallet: 90

Case Cube (cu.ft): 0.55

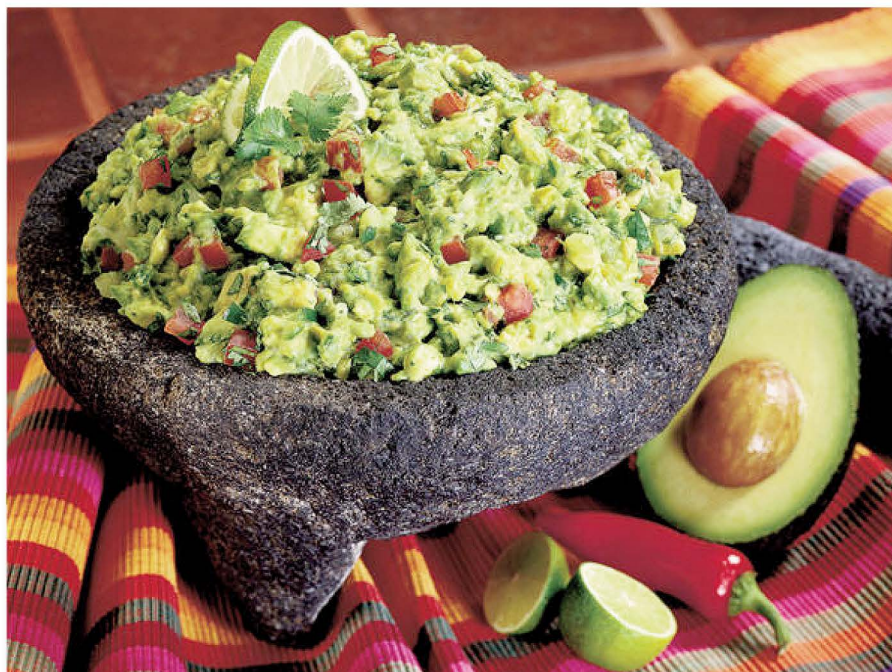
Case Dimensions (inches):

13.5" x 7.5" x 8.5"

BERRY AMENDMENT COMPLIANT

NSN: 8915-01-E61-6342

SKU: 00267



## WANT TO MAKE SOME AUTHENTIC GUACAMOLE?

Our rich buttery Haas avocado halves filled with jalapenos, cilantro, garlic and chopped tomatoes **MAKES IT EASY!** Simply thaw & mash. No peeling, no chopping, no mess or waste!

High in Omega 3's and protein rich, this is an authentic guacamole recipe. It is tasty and good for you. Tequila and mariachi band not included.



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