

Nutrition Facts

About 7 Servings per container

Serving Size 1/2 cup (50g)

Amount per serving

Calories

90

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1.5g 8%

Trans Fat 0g

Mono-unsaturated Fat 5g

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrates 3g 1%

Dietary Fiber 2g 7%

Total Sugars 0g

Protein <1g

VITAMIN D 0.8mcg 4%

CALCIUM 10mg 0%

IRON 0mg 0%

POTASSIUM 260mg 6%

VITAMIN B6 185mcg 10%

PANTOTHENIC ACID 0.7mg 15%

*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 Salt, Ascorbic Acid (Vitamin C), Citric Acid.