

Avocados
Serving Size

grams
Amount Per Serving
Calories **160**

	% Daily Value *
Total Fat 15 g	19%
Saturated Fat 2 g	11%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 5 mg	0%
Total Carbohydrate 9 g	1%
Dietary Fiber 7 g	24%
Total Sugars 1 g	
Includes 0 g Added Sugars	0%
Protein 2 g	
Vitamin D 0 mcg	0%
Calcium 12 mg	0%
Iron 0.55 mg	4%
Potassium 490 mg	10%

*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.

Allergens:
Ingredients: