

Avocado, Guacamole Pico De Gallo

Serving Size 115 grams

Amount Per Serving

Calories 190

% Daily Value *	
Total Fat 18 g	23%
Saturated Fat 2 g	12%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 10 mg	0%
Total Carbohydrate 10 g	4%
Dietary Fiber 8 g	28%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 2 g	
Vitamin D 0 mcg	0%
Calcium 15 mg	2%
Iron 1 mg	4%
Potassium 580 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: No known allergens in this product.

Ingredients: this product contains Hass avocados, tomatoes, onions, jalapeno chiles, cilantro, salt, garlic, and is flavored with a mild spice.