

Avocado, Halves

Serving Size 101 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	3%
Dietary Fiber 7 g	24%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 2 g	
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Vitamin D 0 mcg	0%
Calcium 12 mg	0%
Iron 1 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: No known allergens in this product.

Ingredients: This product contains avocados.
