

**Avocado, Pure Pulp**

**Serving Size** 115 grams

Amount Per Serving

**Calories** 190

**% Daily Value** \*

<b>Total Fat</b> 18 g	23%
Saturated Fat 2 g	12%
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	0%
<b>Sodium</b> 10 mg	0%
<b>Total Carbohydrate</b> 10 g	4%
Dietary Fiber 8 g	28%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
<b>Protein</b> 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 avocados.

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