

Avocado, Pure Pulp
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 avocados.