



Good Foods Avocado Mash-Sea Salt and Black Pepper GF 151170527

Number of Servings: 1.786 (56 g per serving)

Weight: 100 g

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	4 servings per container	Total Fat 8g	10%	Total Carbohydrate 5g
Serving size 1-2.0 oz Unit (56g)	Saturated Fat 1g	5%	Dietary Fiber 4g	14%
Calories per serving	Trans Fat 0g		Total Sugars 0g	
	Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
90	Sodium 220mg	10%	Protein 1g	
	Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 0.3mg 2% Potassium 260mg 6%			
<small>*The % Daily Value 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.</small>				

Ingredients:

HASS AVOCADOS, LEMON JUICE, SEA SALT, BLACK PEPPER.