



Good Foods Spicy Guacamole SS 7oz MX (PP Equivalent: B010013)

Number of Servings: 3.03 (33 g per serving)

Weight: 100 g

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 4g		5%	Total Carbohydrate 3g
Saturated Fat 0.5g		3%	Dietary Fiber 2g	7%
Trans Fat 0g			Total Sugars 0g	
Cholesterol 0mg		0%	Includes 0g Added Sugars	0%
Sodium 100mg		4%	Protein 1g	
Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 0.2mg 2%				
Potassium 140mg 2%				

Calories per serving 45

*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.

Ingredients:

HASS AVOCADOS, RED ONIONS, JALAPENO PEPPERS, CILANTRO, LIME JUICE, GARLIC, LEMON JUICE, SERRANO PEPPERS, SEA SALT.

Notes:

- MX formula with all hand-scooped (no pulp)
- back pepper removed in transition to MX & salt and lime adjusted accordingly