



# REFRIGERATED PICO DE GALLO GUACAMOLE

Creamy, smooth, green avocado pulp with pieces of tomato, onion, jalapeno pepper and cilantro

Product Last Saved Date:12 December 2014

## Nutrition Facts

Serving Size: 30 GR

Servings Per Container: 30

### Amount Per Serving

Calories: 40      Calories from Fat: 30

### % Daily Value\*

Total Fat 3.5 g      5.38%

Saturated Fat 0.5 g      2.5%

Trans Fat 0 g

Cholesterol 0 mg      0%

Sodium 105 mg      4.57%

Total Carbohydrate 2.5 g      0.83%

Dietary Fiber 1.5 g      6%

Sugars 0 g

Protein 0 g

Vitamin A 2%      Vitamin C 4%

Calcium 0%      Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram

Fat 9      Carbohydrate 4      Protein 4

## Product Specifications:

Man Prod Code	Dist Prod Code	GTIN	Pack	Pack Description	Serving/Case
60530		00070740605308	6 X 2 LB		30

Brand	Brand Owner	GPC Description
Calavo	Calavo	Fruit - Prepared/Processed (Perishable)

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
13 LB	12 LB	Mexico	Yes	No

## Shipping Information

Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
12 IN	8.00 IN	7.10 IN	0.394 CF	20x8	90 Days	38 FA / 40 FA

## Ingredients :

Hass Avocados, Tomato, Onion, Jalapeno Pepper, Salt, Cilantro, Garlic

## Handling Suggestions :

Refrigerated

## Benefits :

Avocados provide 25 essential nutrients, including fiber, potassium, Vitamin E, B vitamins and folic acid. No cholesterol, no trans fats, it's the "good fat", monounsaturated fat.

## Serving Suggestions :

As appetizers, condiments, spreads or dips, add to sandwiches & Salads

## Prep & Cooking Suggestions :

Enjoy in your favorite recipes

## More Information :