



Avocado Dices

Fresh Hass avocados, perfectly diced and ready for soups, salads and more.



Nutrition Facts

Serving Size 20 pieces (30g)
Servings Per Container about 363

Calories 60
Calories from Fat 50

*Percent Daily Values are
based on a 2,000 calorie diet.

Amount / Serving	% Daily Value*
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Vitamin A 4% • Vitamin C 4%	

Amount / Serving	% Daily Value*
Total Carbohydrate 2g	1%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 1g	
Calcium 0% • Iron 2%	

INGREDIENTS: AVOCADO, ASCORBIC ACID (TO MAINTAIN NATURAL COLOR), SODIUM ACID SULFATE.