



PRODUCT NAME: **IQF FROZEN AVOCADO HALVES**

Alpha code	UPC	Servings per container
FHVZP43C	60877	45
FHVZP62C	60878	30

NUTRITION FACTS			
Serving size 2 Tbsp (30g)			
Servings Per Container:			
Amount per serving			
Calories 55	Calories from fat 45		
			% Daily Value*
Total Fat 5g			8%
Saturated Fat 1g			5%
<i>Trans Fat</i> 0g			
Cholesterol 0mg			0%
Sodium 0mg			0%
Total Carbohydrate 3 g			1%
Dietary Fiber 3g			12%
Sugars 0g			
Protein <1g			
Vitamin A 0%	Calcium	0%	
Vitamin C 4%	Iron	0%	
Percent Daily Values are based on a 2,000 calories diet. Your Daily Values may be higher or lower depending on your calories 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 carbohydrates		300g	375g
Dietary fiber		25g	30g

LABEL DECLARATION:

HASS AVOCADOS, CITRIC ACID, ASCORBIC ACID

Revised 12/01/2005