



# Avocados



## Nutrition Facts

Serving Size : 150g

### Amount Per Serving

Calories 240      Calories from Fat 184

### % Daily Value\*

Total Fat	22g	34%
Saturated Fat	3g	16%
Trans Fat		
Cholesterol	0mg	0%
Sodium	11mg	0%
Total Carbohydrate	13g	4%
Dietary Fiber	10g	40%
Sugars	1g	
Protein	3g	

Vitamin A	4%	Vitamin C	25%
Calcium	2%	Iron	5%

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



## Packing Specifications

VARIETY / COMMODITY	PACKSTYLE	SIZE	COUNT	CTNS X PALLET	PLU	GTIN
AVOCADOS	25 Lbs	40	40	80	4225	0855465002
AVOCADOS	25 Lbs	48	48	80	4225	0855465002
AVOCADOS	25 Lbs	60	60	80	4225	0855465002
AVOCADOS	25 Lbs	70	70	80	4046	0855465002
AVOCADOS	25 Lbs	84	84	80	4046	0855465002



## Availability



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