

Avo-Loco

20 oz

Nutrition Facts	
servings per container	
Serving size	(629g)
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 72g	26%
Dietary Fiber 9g	32%
Total Sugars 24g	
Includes 4g Added Sugars	8%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 217mg	15%
Iron 3mg	15%
Potassium 994mg	20%

*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.

32 oz

Nutrition Facts	
servings per container	
Serving size	(844g)
Amount per serving	
Calories	470
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 107g	39%
Dietary Fiber 14g	50%
Total Sugars 35g	
Includes 6g Added Sugars	12%
Protein 10g	
Vitamin D 1mcg	6%
Calcium 323mg	25%
Iron 4mg	20%
Potassium 1446mg	30%

*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.

44 oz

Nutrition Facts	
servings per container	
Serving size	(1286g)
Amount per serving	
Calories	650
% Daily Value*	
Total Fat 21g	27%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 144g	52%
Dietary Fiber 18g	64%
Total Sugars 48g	
Includes 9g Added Sugars	18%
Protein 13g	
Vitamin D 1mcg	6%
Calcium 435mg	35%
Iron 5mg	30%
Potassium 1987mg	40%

*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.

Nutty Avocado

Nutrition Facts	
servings per container	
Serving size	(604g)
Amount per serving	
Calories	590
% Daily Value*	
Total Fat 38g	49%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 63g	23%
Dietary Fiber 8g	29%
Total Sugars 24g	
Includes 11g Added Sugars	22%
Protein 16g	
Vitamin D 1mcg	6%
Calcium 129mg	10%
Iron 2mg	10%
Potassium 742mg	15%

*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.

Nutrition Facts	
servings per container	
Serving size	(802g)
Amount per serving	
Calories	820
% Daily Value*	
Total Fat 51g	65%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 93g	34%
Dietary Fiber 11g	39%
Total Sugars 37g	
Includes 18g Added Sugars	36%
Protein 22g	
Vitamin D 1mcg	6%
Calcium 173mg	15%
Iron 3mg	15%
Potassium 1046mg	20%

*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.

Nutrition Facts	
servings per container	
Serving size	(1183g)
Amount per serving	
Calories	1180
% Daily Value*	
Total Fat 75g	96%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 460mg	20%
Total Carbohydrate 129g	47%
Dietary Fiber 15g	54%
Total Sugars 51g	
Includes 25g Added Sugars	50%
Protein 32g	
Vitamin D 2mcg	10%
Calcium 234mg	20%
Iron 5mg	30%
Potassium 1460mg	30%

*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.

Piña Paradise

Nutrition Facts	
servings per container	
Serving size	(556g)
Amount per serving	
Calories	260
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 50g	18%
Dietary Fiber 2g	7%
Total Sugars 27g	
Includes 8g Added Sugars	16%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 62mg	4%
Iron 1mg	6%
Potassium 614mg	15%

*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.

Nutrition Facts	
servings per container	
Serving size	(771g)
Amount per serving	
Calories	370
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 73g	27%
Dietary Fiber 3g	11%
Total Sugars 40g	
Includes 12g Added Sugars	24%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 104mg	8%
Iron 2mg	10%
Potassium 933mg	20%

*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.

Nutrition Facts	
servings per container	
Serving size	(1141g)
Amount per serving	
Calories	510
% Daily Value*	
Total Fat 22g	28%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 100g	36%
Dietary Fiber 4g	14%
Total Sugars 54g	
Includes 16g Added Sugars	32%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 124mg	10%
Iron 2mg	10%
Potassium 1228mg	25%

*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.

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