

Full Report (All Nutrients) 45292127, GUACAMOLE, UPC: 851882006006
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Report Date: July 16, 2019 02:16 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Nutrient	Unit	Data points	Std. Error	2.0 Tbsp 34g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	38	112
Protein	g	--	--	1.00	2.94
Total lipid (fat)	g	--	--	3.00	8.82
Carbohydrate, by difference	g	--	--	3.00	8.82
Fiber, total dietary	g	--	--	2.0	5.9
Sugars, total	g	--	--	1.00	2.94
Minerals					
Calcium, Ca	mg	--	--	5	15
Iron, Fe	mg	--	--	0.00	0.00
Sodium, Na	mg	--	--	160	471
Vitamins					
Vitamin D	IU	--	--	0	0
Lipids					
Fatty acids, total saturated	g	--	--	0.500	1.470
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0
Amino Acids					
Other					
Ingredients					
AVOCADO, TOMATOES, ONIONS, LIME JUICE, PEPPERS, SEA SALT, GARLIC, CILANTRO <i>Date Available: 09/23/2017 Date Last Updated by Company: 09/23/2017</i>					