



Categories

Tools

Locations

Plating

Yield

Portion

Num Portions

Prep

Cook

Finish

Shelf

Nutrition Facts	
Serving Size 0	
Servings Per Container	
Amount Per Serving	
Calories 300 Calories From Fat 170	
% Daily Value	
Total Fat 19g	28%
Saturated Fat 2.5g	11%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 430mg	18%
Total Carbohydrate 32g	11%
Dietary Fiber 3g	13%
Protein 4g	
Vitamin A 8%	Vitamin C 2%
Calcium 8%	Iron 6%
* Percent Daily Values are based on a 2000 calorie diet.	

The following items are not included in the label data

Ingredient

guacamole

Reason

No nutrition information