



Simplot Harvest Fresh™ Avocados
Western Guacamole, Frozen
 Pack: 12/11b
 SKU: 10071179193425

Nutrition

Serving Size: 2.85 oz.

Calories: 150

	Amount per serving	% Daily Values
Total Fat	14g	18%
Saturated Fat	2.5g	13%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	360mg	16%
Total Carbohydrates	6g	2%
Dietary Fiber	4g	14%
Total Sugars	1g	
Includes 0g Added Sugars		0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	10mg	0%
Iron	0.7mg	4%
Potassium	410mg	8%
Vitamin A	20mcg	2%
Vitamin C	9mg	10%

The % Daily Value tells you how much a nutrient in a serving of foods contributes to a daily diet.

Ingredients

HASS AVOCADO, RED BELL PEPPER, ONION, SALT, JALAPEÑO PEPPER, GARLIC, LIME JUICE CONCENTRATE.

For questions, please contact the Bid Department at (800) 572-7783.

I certify that the information provided is true and correct:

Kelsey Farley

Kelsey Farley
 Regulatory Manager
 12/12/2023

USDA National Child Nutrition Program Product Specification Sheet

Serving Information

Serving Size (as purchased)	Contribution Equivalent	Equivalent Servings Per Bag	Equivalent Servings Per Case
2.85 oz.	¼ cup raw, mashed vegetable	5.61	67.36

Product Formulation Credits

Food Buying Guide Description of Creditable Ingredient	FBG Subgroup	Oz. / Raw Portion of Creditable Ingredient	Multiply	FBG Yield / Purchase Unit	Creditable Amt. (quarter cup)
Avocados, fresh All sizes, Whole	Other	2.4795	X	5.10 / 16	0.7903
Onions, Mature, frozen Chopped	Other	0.0770	X	7.92 / 16	0.0381
Peppers, Bell, frozen Orange or Red, Diced	Red/Orange	0.2309	X	12.10 / 16	0.1746

Each 2.85 ounce serving of the product above contains 1/4 cup Other/Additional vegetable.

GUACAMOLE, FROZEN: Made with 100% Hass avocados, ultra-high pressure pasteurized, thaw and serve, Western Spice. To contain 87% avocado, 8.1% red bell pepper and 2.7% onion.

Product Specification

Country of Origin	Product of Mexico
Meets Buy American Provision <i>Exception Letter Available</i>	N
Smart Snacks Compliant	N
Halal	Y
Kosher	Y
Vegan	Y
Vegetarian	Y
Gluten Free	Y
Zero Grams Trans Fat	Y
Milk	N
Egg	N
Wheat	N
Soy	N
Sesame Seed	N
Peanuts	N
Tree Nuts	N
Fish	N
Molluscan Shellfish	N

Benefits

- Our mildest guacamole recipe
- Consistent pricing, quality and availability all year
- Elevate your menu and check average
- Say goodbye to labor and waste
- Satisfy patrons looking for healthy options

Shipping Information

Gross Weight	14lb
Net Weight	12lb
Length	11.375 in
Width	8.875 in
Height	6.125 in
Case Cube	.358
Tie High	17X8
Shelf Life	540 days
Storage Temp From/To	-10°F / 10°F

Serving Suggestions

Use to top nachos, fajitas, salads, and tacos. Spread on sandwiches for a southwestern flair. Added menu item profitability.

Preparation Instructions For Food Safety And Quality

FOR BEST QUALITY, THAW UNOPENED BAG FOR 15-24 HOURS IN THE REFRIGERATOR (40°F) IN A SINGLE LAYER. ONCE THAWED, OPEN REFRIGERATED GUACAMOLE WITHIN 7 DAYS. OPENED BAG: KEEP SURFACE COVERED TO PREVENT BROWNING AND STORE AT

40°F. ONCE THAWED, DO NOT REFREEZE.

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