

## USDA National School Lunch Product Fact Sheet

### PRODUCT SPECIFICATION:

**VEGETABLE / BLEND, FROZEN: Simplot Harvest Fresh™ Avocados Extreme Supreme Guacamole / SKU 10071179935667.** Rich 100% Hass avocado, chunks of ripe tomato and crisp white onion, plus cilantro. To contain 85.62% avocado, 7% tomato, and 5% onion. **PACK SIZE:** 6/3 LB bags per case.

### FOOD BUYING GUIDE SUB-GROUP: Avocados, fresh *All sizes Whole*; Tomatoes, fresh *Diced Ready-to-use*; Onions, Mature frozen *Chopped*

\*Creditable serving size adjusted to reflect weight needed to attain vegetable credit. Non-creditable ingredients excluded.

Creditable Serving Size (as purchased)	Serving Size per Meal Contribution	Servings per Pound	Purchase Unit	Servings per Unit	Qty for 100 Servings		
2.98 oz	¼ cup raw, mashed vegetables	5.36	Bag	16.08	6.22		
			Case	96.48	1.04		
5.96 oz	½ cup raw, mashed vegetables	2.68	Bag	8.04	12.44		
			Case	48.24	2.08		
Veg Group	Dark Green	Red/Orange	Starchy	Beans/Peas	Other	Additional	Meat Alt.
2.98 oz					¼ cup		
5.96 oz					½ cup		

\*Information above is provided for food, as purchased, using the USDA Food Buying Guide for Child Nutrition, January 2013 Update.

### INGREDIENT STATEMENT

Avocado, Tomato, Onion, Salt, Jalapeño Pepper, Garlic, Lime Juice Concentrate, Dehydrated Cilantro.

### NUTRITION

Smart Snacks Compliant

#### Nutrition Facts

Serving Size 2.98 oz (84g)

Amount Per Serving

**Calories 170** Calories from Fat 140

% Daily Value\*

**Total Fat 15g** 23%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 340mg 14%

**Total Carbohydrate 6g** 2%

Dietary Fiber 4g 16%

Sugars 1g

**Protein 2g**

Vitamin A 10% • Vitamin C 10%

Calcium 0% • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet.

#### Nutrition Facts

Serving Size 5.96 oz (169g)

Amount Per Serving

**Calories 320** Calories from Fat 260

% Daily Value\*

**Total Fat 29g** 45%

Saturated Fat 4.5g 23%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 680mg 28%

**Total Carbohydrate 12g** 4%

Dietary Fiber 8g 32%

Sugars 2g

**Protein 3g**

Vitamin A 20% • Vitamin C 25%

Calcium 2% • Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet.

### ALLERGENS PRESENT

Milk  Egg  Wheat  Soy  Peanuts  
 Tree Nuts  Fish  Molluscan Shellfish  None

### ADDITIONAL INFORMATION

Gluten Free  Lacto-Vegetarian  Vegan

### COOKING INSTRUCTIONS

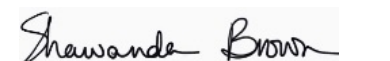
#### To Serve Cold:

**KEEP FROZEN. DO NO THAW IN MICROWAVE.** For best quality, thaw unopened bag for 15-24 hours in the refrigerator (40°F) in single layer. **OPENED BAG:** Keep surface covered to prevent browning. Use refrigerated guacamole within 7 days. Once thawed, do not refreeze.

### CASE PACK

Shelf Life (stored at 0°F)	18 months	Case Cube (ft. <sup>3</sup> )	0.50	Gross Weight (lb)	20.00
Outer Case Dimensions (LxWxH)	12.625" x 8" x 8.625"	Pallet Ti / Hi	18 / 6		

The J.R. Simplot Company certifies the information above to be true and correct as of October 5, 2015.

  
Principal Scientist Regulatory Nutrition