

FRESH GUACAMOLE



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.50 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9450
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GUACAMOLE PICO DE GALLO	1 1/2 Ounce		622590

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.50 Ounce

Amount Per Serving			
Calories	71.25		
Fat	6.75g		
SaturatedFat	0.75g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	3.75mg		
Carbohydrates	3.75g		
Fiber	3.00g		
Sugar	0.00g		
Protein	0.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.63mg	Iron	0.38mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

Calories	167.55		
Fat	15.87g		
SaturatedFat	1.76g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	8.82mg		
Carbohydrates	8.82g		
Fiber	7.05g		
Sugar	0.00g		
Protein	1.76g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.23mg	Iron	0.88mg

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