



Harvest of the Month

Avocados

Nutrition Facts

Serving Size: $\frac{1}{4}$ cup avocado, sliced (30g)

Calories 50

Calories from Fat 39

	% Daily Value
Total Fat 5g	7%
Saturated Fat 1g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 1g	
Vitamin A 1%	Calcium 0%
Vitamin C 4%	Iron 1%

Source: www.nutritiondata.com



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