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Time: 1:31 PM

ChefTec Software

Fresh Guacamole

Orange Coast College

Author
Categories Catering Menu, Grill
Tools
Locations STUDENT CENTER CAFE
Plate/Store

			Prep
Yield	2.84	lb	**Cook**
Portion	2	oz	**Finish**
Num Portions	22.75		**Shelf**

Nutrition Facts

Serving Size 2 oz (57g)
Servings Per Container about 23

Amount Per Serving

Calories 49 Calories From Fat 32

	% Daily Value
Total Fat 4g	5%
Saturated Fat 1g	3%
Cholesterol 0mg	0%
Sodium 179mg	7%
Total Carbohydrates 5g	2%
Dietary Fiber 2g	10%
Protein 1g	

Vitamin A	7%	Vitamin C	10%
Calcium	1%	Iron	2%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Descriptors

Low Saturated Fat
Cholesterol Free
Good Source of Vitamin C
Good Source of Fiber

Ingredients

AVOCADO, TOMATO LOOSE MED, ONION, CILANTRO FRESH, JALAPENOS, JUICE LIME JUICE, SPICE SALT, PEPPER