

# Avocado Toast

## Nutrition Facts

Serving Size: 1 (0.0g)

Servings Per Container: 1

### Amount Per Serving

**Calories** 180      Calories from Fat 100

**% Daily Value\***

**Total Fat** 11g      **17%**

Saturated Fat 2g      **10%**

*Trans* Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 130mg      **5%**

**Total Carbohydrate** 17g      **6%**

Dietary Fiber 4g      **16%**

Sugars 3g

**Protein** 4g

Vitamin A 2%      •      Vitamin C 15%

Calcium 4%      •      Iron 6%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: AVOCADOS, WHOLE WHEAT BREAD (WHOLE WHEAT FLOUR, WATER, SUGAR, WHEAT GLUTEN, RAISIN JUICE CONCENTRATE, WHEAT BRAN, YEAST, MOLASSES, SOYBEAN OIL, SALT, PRESERVATIVES (CALCIUM PROPIONATE, SORBIC ACID), MONOGLYCERIDES, DATEM, CALCIUM SULFATE, GRAIN VINEGAR, SOY LECITHIN, SOY, WHEY (MILK)), OLIVE OIL