

AVOCADO BANANA PANCAKES

Nutrition Information	
Serving size	Serving (342 grams)
Amount Per Serving	
Calories	420
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 2g	11%
Trans Fat 0g	
Cholesterol less than 5mg	1%
Sodium 370mg	16%
Total Carbohydrate 65g	24%
Dietary Fiber 12g	43%
Total Sugars 24g	
Includes 5g Added Sugars	9%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 2.74mg	15%
Potassium 970mg	21%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	

Ingredients:

Avocados chopped, Bananas chopped, Pancakes(Enriched Wheat Flour (Bleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Buttermilk, Whey, Sugar, Dextrose, Defatted Soy Flour, Less Than 2% Of: Soybean And/Or Canola Oil, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Eggs, Salt, Soy Lecithin. CONTAINS: EGG, MILK, SOY, WHEAT.), Strawberries Sliced, Blueberries Fresh, Sugars Powdered

Nutrient values displayed as underlined may be understated, as a value is not available for all ingredients.

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Signature Avocado Omelet

Nutrition Information	
Serving size	Serving (731 grams)
Amount Per Serving	
Calories	1050
% Daily Value*	
Total Fat 63g	81%
Saturated Fat 19g	95%
Trans Fat 0g	
Cholesterol 1090mg	364%
Sodium 1720mg	75%
Total Carbohydrate 58g	21%
Dietary Fiber 11g	40%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 61g	
Vitamin D 5.9mcg	30%
Calcium 421mg	30%
Iron 8.33mg	45%
Potassium 1850mg	39%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	

Ingredients:

Egg whole raw fresh, Potato Baby Bakers
 Whl(POTATOES, OLIVE OIL, CONTAINS LESS THAN
 2% OF GARLIC POWDER, MALTODEXTRIN, NATURAL
 FLAVOR, ONION POWDER, SALT, SPICE, SUGAR,
 VINEGAR POWDER (MALTODEXTRIN,
 VINEGAR).), Avocados, raw diced, Peppers sweet
 diced, Cheese, Cheddar shredded, Pork cured bacon
 sliced cooked pan-fried, Spinach raw, Salt Table, Spice
 Pepper Black Ground

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Bacon, Egg, & Cheese Croissant

Nutrition Information	
Serving size	Serving (381 grams)
Amount Per Serving	
Calories	990
% Daily Value*	
Total Fat 71g	91%
Saturated Fat 27g	133%
Trans Fat 0g	
Cholesterol 525mg	175%
Sodium 1520mg	66%
Total Carbohydrate 51g	18%
Dietary Fiber 8g	28%
Total Sugars 7g	
Includes 5g Added Sugars	11%
Protein 43g	
Vitamin D 2.7mcg	15%
Calcium 295mg	25%
Iron 5.42mg	30%
Potassium 850mg	18%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	

Ingredients:

Egg whole raw fresh, Avocados, raw, Croissant Butter Curved Sli 3 Oz(Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Cultured Butter (Cream, Natural Flavors [Lactic Acid, Starter Distillate]), Sugar, Yeast, Less Than 2% of Nonfat Milk, Salt, Ascorbic Acid, Enzymes. CONTAINS: WHEAT, MILK, SOY. Produced in a facility that processes tree nuts.), Pork, cured, bacon, unprepared(Cured With Water, Salt, Sugar, Dextrose, Sodium Erythorbate, Sodium Nitrite.), Cheese, Cheddar

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Vegan Chorizo Wrap

Nutrition Information	
Serving size	Serving (464 grams)
Amount Per Serving	
Calories	<u>730</u>
	% Daily Value*
Total Fat <u>37g</u>	<u>47%</u>
Saturated Fat <u>7g</u>	<u>33%</u>
Trans Fat <u>0g</u>	
Cholesterol <u>0mg</u>	<u>0%</u>
Sodium <u>1720mg</u>	<u>75%</u>
Total Carbohydrate <u>78g</u>	<u>28%</u>
Dietary Fiber <u>20g</u>	<u>73%</u>
Total Sugars <u>6g</u>	
Includes <u>1g</u> Added Sugars	<u>2%</u>
Protein <u>31g</u>	
Vitamin D <u>0mcg</u>	<u>0%</u>
Calcium <u>395mg</u>	<u>30%</u>
Iron <u>10.75mg</u>	<u>60%</u>
Potassium <u>1450mg</u>	<u>31%</u>
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	

Ingredients:

SAUSAGE CHORIZO VEGAN BULK (INGREDIENTS: WATER, SOY PROTEIN CONCENTRATE, VEGETABLE OIL (corn, canola and/or sunflower), ONIONS, PAPRIKA COLOR. CONTAINS 2% OR LESS OF garlic puree (garlic, water), salt, soy protein isolate, spices, citric acid, onion and carrot juice concentrate, garlic powder, vinegar solids, onion powder, sugar, paprika extract color, natural flavors, faba bean protein, pea protein.), Wrap Tortilla Tomato Basil 12" (Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified and Hydrogenated Soybean Oil), Seasoning (Tomato Powder, Spices, Salt, Sugar, Red Bell Pepper, Sun-Dried Tomato, Soybean Oil, Yeast, Onion Powder, Garlic Powder, Natural And Artificial Flavor, Extractives of Paprika), contains 2% or less of: Salt, Sodium Acid Pyrophosphate, Baking Soda, Distilled Monoglycerides, Enzymes, Vital Wheat Gluten, Cellulose Gum, Fumaric Acid, and Calcium Propionate and Sorbic Acid (to maintain freshness). CONTAINS: Wheat.), Avocados, raw, Peppers, sweet, green, raw, Salsa Pico de Gallo Frsh (Tomato, Green Pepper, Yellow Onion, Lime Juice, Cilantro, Salt.), Cheese Vegan Shred Mozzarella

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AVOCADO BREAKFAST BURRITO

Nutrition Information

Serving size **Serving (842 grams)**

Amount Per Serving

Calories **1090**

% Daily Value*

Total Fat 71g **92%**
 Saturated Fat 18g **92%**
 Trans Fat 0g

Cholesterol 480mg **161%**

Sodium 1250mg **54%**

Total Carbohydrate 82g **30%**
 Dietary Fiber 14g **52%**
 Total Sugars 8g
 Includes less than Added Sugars **2%**
1g

Protein 34g

Vitamin D 2.4mcg **10%**

Calcium 324mg **25%**

Iron 3.78mg **20%**

Potassium 2050mg **44%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Ingredients:

Potatoes COOKED MASHED, Pico de Gallo Frsh(Tomato, Green Pepper, Yellow Onion, Lime Juice, Cilantro, Salt.), Egg whole raw fresh, Wrap Tortilla Tomato Basil 12", Avocados, raw,, Sys Imp MAYONNAISE CULINARY PREM(Soybean Oil, Whole Egg and Egg Yolks, Water, Distilled Vinegar, Contains less than 2% of Salt, Sugar, Lemon Juice Concentrate, Calcium Disodium EDTA added to Protect Flavor, Natural Flavors (includes Mustard). Contains: Egg. or Soybean Oil, Egg Yolks and Whole Egg, Water, Distilled Vinegar, Contains less than 2% of Salt, Sugar, Lemon Juice Concentrate, Calcium Disodium EDTA added to Protect Flavor, Natural Flavors (includes Mustard). Contains: Egg.), Cheese Chdr Mild Fcy Shrd Yel(Cheddar Cheese ((Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color])). Anti-Caking Blend (Potato Starch, Powdered Cellulose). CONTAINS: Milk.), Pork cured bacon cooked, Lemon Peel Raw, Minor Flavor Conc Rstd Grlc(ROASTED GARLIC, WATER, SAUTEED VEGETABLE PUREE MIX (CARROTS, ONIONS, CELERY), DEXTROSE, SALT, GARLIC POWDER, 2% OR LESS OF CANOLA OIL, ONION POWDER, POTASSIUM CHLORIDE, ONION JUICE CONCENTRATE, CELERY JUICE CONCENTRATE, SUNFLOWER OIL.), Parsley fresh

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BACON, EGG & AVO TOAST

Nutrition Information	
Serving size	Serving (245 grams)
Amount Per Serving	
Calories	540
% Daily Value*	
Total Fat 35g	44%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 385mg	129%
Sodium 810mg	35%
Total Carbohydrate 33g	12%
Dietary Fiber 7g	24%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D <u>2.8mcg</u>	<u>15%</u>
Calcium 122mg	10%
Iron 4.00mg	20%
Potassium 710mg	15%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	

Ingredients:

Egg whole cooked fried, Avocado SPREAD, BREAD SLICED(Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Whole Wheat Flour, High Fructose Corn Syrup, Yeast, Contains less than 2% of each of the following: Wheat Gluten, Soybean Oil, Salt, Wheat Flour, Vegetable Oils (Coconut Oil, Canola Oil, High Oleic Soybean Oil And/Or High Oleic Canola Oil), Caramel Color With Sulfites, Calcium Proporionate (A Preservative), Sodium Stearoyl Lactylate, Monocalcium Phosphate, Ammonium Sulfate, Enzymes, Calcium Sulfate, Ascorbic Acid (Dough Conditioner), Sunflower Lecithin. Contains: Wheat and Soy.), bacon cooked baked, Chives, raw

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Avocado Toast Sampler

Nutrition Information

Serving size **Serving (534 grams)**

Amount Per Serving

Calories 900

	% Daily Value*
Total Fat 52g	66%
Saturated Fat 12g	61%
Trans Fat 0g	
Cholesterol 315mg	104%
Sodium 1670mg	73%
Total Carbohydrate 81g	29%
Dietary Fiber 16g	58%
Total Sugars 15g	
Includes 4g Added Sugars	8%
Protein 35g	
Vitamin D 6.2mcg	<u>30%</u>
Calcium 260mg	20%
Iron 6.22mg	35%
Potassium 1530mg	32%

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Ingredients:

Avocado SPREAD, Avocados Spread, Tomatoes CHOPPED, Bbrldls Bread Sourdough 16 Slice 3/4" (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Whole Wheat Flour, High Fructose Corn Syrup, Yeast, Contains less than 2% of each of the following: Wheat Gluten, Soybean Oil, Salt, Wheat Flour, Vegetable Oils (Coconut Oil, Canola Oil, High Oleic Soybean Oil And/Or High Oleic Canola Oil), Caramel Color With Sulfites, Calcium Proporionate (A Preservative), Sodium Stearoyl Lactylate, Monocalcium Phosphate, Ammonium Sulfate, Enzymes, Calcium Sulfate, Ascorbic Acid (Dough Conditioner), Sunflower Lecithin. Contains: Wheat and Soy.), BREAD SLICED(Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Whole Wheat Flour, High Fructose Corn Syrup, Yeast, Contains less than 2% of each of the following: Wheat Gluten, Soybean Oil, Salt, Wheat Flour, Vegetable Oils (Coconut Oil, Canola Oil, High Oleic Soybean Oil And/Or High Oleic Canola Oil), Caramel Color With Sulfites, Calcium Proporionate (A Preservative), Sodium Stearoyl Lactylate, Monocalcium Phosphate, Ammonium Sulfate, Enzymes, Calcium Sulfate, Ascorbic Acid (Dough Conditioner), Sunflower Lecithin. Contains: Wheat and Soy.), Egg whole cooked fried, Avocados SPREAD, Mango Pulp, diced, Salmon Smk(ATLANTIC SALMON, SALT, CANE SUGAR, SPICES, HARDWOOD AND FRUITWOOD SMOKE,

PASTRAMI RUB (SPICES, CARAMEL COLOR, PAPRIKA, NATURAL FLAVORS, EXPELLER PRESSED CANOLA OIL (AS A PROCESSING AID), NOT MORE THAN 2% SILICON DIOXIDE ADDED TO PREVENT CAKING), ASTAXANTHIN AS NATURAL COLORANT.), Egg, hard-boiled(Hard Cooked Eggs, Water. Citric Acid, Sodium Benzoate, and Nisin Preparation (as preservatives). CONTAINS: EGGS.), Cheese, feta, bacon cooked baked, Balsamic Glaze, Fresh Red Bell Peppers, diced, Capers, Basil fresh, Lime juice canned or bottled unsweetened, Coconut Milk, Fresh Green Onions, minced, Flaked Coconut, Rum, Habanero Chiles, seeded, minced, Chives, raw, Salt, to taste, Dill weed, fresh, Jerk Seasoning, to taste

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AVO SMOKED SALMON DILL TOAST

Nutrition Information

Serving size **Serving (250 grams)**

Amount Per Serving

Calories 470

% Daily Value*

Total Fat 27g **35%**
 Saturated Fat 5g **27%**
 Trans Fat 0g

Cholesterol 215mg **72%**

Sodium 1120mg **49%**

Total Carbohydrate 34g **12%**
 Dietary Fiber 7g **25%**
 Total Sugars 3g
 Includes 0g Added Sugars **0%**

Protein 25g

Vitamin D 7.8mcg 40%

Calcium 96mg 8%

Iron 3.15mg 20%

Potassium 750mg 16%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Ingredients:

Avocados SPREAD, Salmon Smk(ATLANTIC SALMON, SALT, CANE SUGAR, SPICES, HARDWOOD AND FRUITWOOD SMOKE, PASTRAMI RUB (SPICES, CARAMEL COLOR, PAPRIKA, NATURAL FLAVORS, EXPELLER PRESSED CANOLA OIL (AS A PROCESSING AID), NOT MORE THAN 2% SILICON DIOXIDE ADDED TO PREVENT CAKING), ASTAXANTHIN AS NATURAL COLORANT.), Egg, hard-boiled(Hard Cooked Eggs, Water, Citric Acid, Sodium Benzoate, and Nisin Preparation (as preservatives). CONTAINS: EGGS.), Bbrlcls Bread Sourdough 16 Slice 3/4"(Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Whole Wheat Flour, High Fructose Corn Syrup, Yeast, Contains less than 2% of each of the following: Wheat Gluten, Soybean Oil, Salt, Wheat Flour, Vegetable Oils (Coconut Oil, Canola Oil, High Oleic Soybean Oil And/Or High Oleic Canola Oil), Caramel Color With Sulfites, Calcium Proporionate (A Preservative), Sodium Stearoyl Lactylate, Monocalcium Phosphate, Ammonium Sulfate, Enzymes, Calcium Sulfate, Ascorbic Acid (Dough Conditioner), Sunflower Lecithin. Contains: Wheat and Soy.), Capers, Dill weed, fresh

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TOMATO BASIL AVO TOAST

Nutrition Information	
Serving size	Serving (297 grams)
Amount Per Serving	
Calories	400
	% Daily Value*
Total Fat 20g	26%
Saturated Fat 6g	28%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 590mg	26%
Total Carbohydrate 45g	17%
Dietary Fiber 8g	29%
Total Sugars 12g	
Includes 8g Added Sugars	15%
Protein 12g	
Vitamin D 0.9mcg	<u>4%</u>
Calcium 224mg	15%
Iron 2.68mg	15%
Potassium 780mg	17%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	

Ingredients:

Tomatoes CHOPPED, Avocado SPREAD, BREAD SLICED(Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Whole Wheat Flour, High Fructose Corn Syrup, Yeast, Contains less than 2% of each of the following: Wheat Gluten, Soybean Oil, Salt, Wheat Flour, Vegetable Oils (Coconut Oil, Canola Oil, High Oleic Soybean Oil And/Or High Oleic Canola Oil), Caramel Color With Sulfites, Calcium Propionate (A Preservative), Sodium Stearoyl Lactylate, Monocalcium Phosphate, Ammonium Sulfate, Enzymes, Calcium Sulfate, Ascorbic Acid (Dough Conditioner), Sunflower Lecithin. Contains: Wheat and Soy.), Cheese, feta, Balsamic Glaze, Basil fresh

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Avo Tikka Masala Rice Bowl

Nutrition Information	
Serving size	Serving (913 grams)
Amount Per Serving	
Calories	<u>1330</u>
	% Daily Value*
Total Fat <u>74g</u>	<u>95%</u>
Saturated Fat <u>20g</u>	<u>100%</u>
Trans Fat <u>0g</u>	
Cholesterol <u>145mg</u>	<u>48%</u>
Sodium <u>430mg</u>	<u>19%</u>
Total Carbohydrate <u>101g</u>	<u>37%</u>
Dietary Fiber <u>22g</u>	<u>79%</u>
Total Sugars <u>6g</u>	
Includes <u>0g</u> Added Sugars	<u>0%</u>
Protein <u>71g</u>	
Vitamin D <u>0.2mcg</u>	<u>2%</u>
Calcium <u>158mg</u>	<u>10%</u>
Iron <u>11.73mg</u>	<u>70%</u>
Potassium <u>2000mg</u>	<u>42%</u>
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	

Ingredients:

Rice basmati ckd, Avocados, raw, Chicken breast grilled, Sys Cls Bean Garbanzo Fcy No Sulfite(Cooked Dried Chick Peas, Water, Salt), Coconut Milk Canned (liq. expr. frm meat, Tomatoes diced, Avocado Spread(Hass Avocado), Cabbage, red, chopped, Oil Olive Salad, Cucumber, diced(Fresh Select Cucumbers), Onions raw, Water tap municipal, Oil Olive Salad or Cooking, Garlic raw, Tomatoes red ripe raw year round average, Soup, vegetable broth, ready to serve, Cilantro chopped, Terrasoul Organic Tumeric Powder(Terrasoul Organic tumeric powder (curcuma longa). Packaged in a facility that handles tree nuts.), Salt Table, Ginger Root Fresh, Deep Foods Spice Garam Masala(""), Spice Cumin Seed Ground(CUMIN), Spice Curry Powder(CORIANDEr, FENUGREEK, TURMERIC, CUMIN, BLACK PEPPER, BAY LEAVES, CELERY SEED, NUTMEG, CLOVE, ONION, GINGER AND RED PEPPER.), Spices, pepper, red or cayenne(Red Pepper), Spice Pepper Black Ground, Coriander (cilantro) leaves, raw, Spice Coriander Ground(CORIANDEr)

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Avocado Rice Bowl (w/o protein choice)

Nutrition Information	
Serving size	Serving (737 grams)
Amount Per Serving	
Calories	970
% Daily Value*	
Total Fat 26g	33%
Saturated Fat 9g	43%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1310mg	57%
Total Carbohydrate 151g	55%
Dietary Fiber 31g	111%
Total Sugars 23g	
Includes 0g Added Sugars	0%
Protein 32g	
Vitamin D 0mcg	<u>0%</u>
Calcium 126mg	10%
Iron 9.36mg	50%
Potassium 1790mg	38%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	

Ingredients:

Rice Long Grain Cooked, Beans, black, cooked, boil, Guacamole(Hass Avocado, Brined Jalapeño Puree (Jalapeño Pepper, Water, Salt, Acetic Acid), Dehydrated Onion, Sugar, Salt, Dehydrated Garlic, Ascorbic Acid (to maintain natural color), Citric Acid.), Mango Pulp, diced, Fresh Red Bell Peppers, diced, Lime juice canned or bottled unsweetened, Coconut Milk, Fresh Green Onions, minced, Flaked Coconut, Rum, Habanero Chiles, seeded, minced, Salt, to taste, Jerk Seasoning, to taste

Nutrient values displayed as underlined may be understated, as a value is not available for all ingredients.

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AVOCADO BULK BOWL

Nutrition Information	
Serving size	Serving (684 grams)
Amount Per Serving	
Calories	1020
% Daily Value*	
Total Fat 66g	84%
Saturated Fat 16g	78%
Trans Fat 1g	
Cholesterol 525mg	175%
Sodium 320mg	14%
Total Carbohydrate 46g	17%
Dietary Fiber 19g	69%
Total Sugars 20g	
Includes <u>0</u> g Added Sugars	<u>0%</u>
Protein 70g	
Vitamin D 2.2mcg	10%
Calcium 148mg	10%
Iron 7.78mg	45%
Potassium 2140mg	46%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	

Ingredients:

Avocados, raw, all commercial varieties, STEAK BEEF SLICED, Kiwi Fruit Fcy Fresh, Egg whole cooked fried, Strawberries raw, Blueberries, raw

Nutrient values displayed as underlined may be understated, as a value is not available for all ingredients.

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Signature Avocado Panini

Nutrition Information	
Serving size	Serving (416 grams)
Amount Per Serving	
Calories	710
% Daily Value*	
Total Fat 31g	39%
Saturated Fat 7g	34%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 1000mg	43%
Total Carbohydrate 64g	23%
Dietary Fiber 7g	25%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 49g	
Vitamin D <u>1.7mcg</u>	<u>8%</u>
Calcium <u>327mg</u>	<u>25%</u>
Iron 4.78mg	25%
Potassium <u>340mg</u>	<u>7%</u>
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	

Ingredients:

Chicken breast sknls bnl(Boneless skinless chicken breast containing up to 4% water), Bread Sourdough(Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Whole Wheat Flour, High Fructose Corn Syrup, Yeast, Contains less than 2% of each of the following: Wheat Gluten, Soybean Oil, Salt, Wheat Flour, Vegetable Oils (Coconut Oil, Canola Oil, High Oleic Soybean Oil And/Or High Oleic Canola Oil), Caramel Color With Sulfites, Calcium Proporionate (A Preservative), Sodium Stearoyl Lactylate, Monocalcium Phosphate, Ammonium Sulfate, Enzymes, Calcium Sulfate, Ascorbic Acid (Dough Conditioner), Sunflower Lecithin. Contains: Wheat and Soy.), Avocado Spread(Hass Avocado), Onions raw, Cheese mozzarella low moisture part-skim, Garlic Mayo, Spinach raw(Spinach), Tomatoes red ripe raw y, Basil fresh

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Avocado Chicken Philly

Nutrition Information	
Serving size	Serving (610 grams)
Amount Per Serving	
Calories	950
	% Daily Value*
Total Fat 36g	46%
Saturated Fat 15g	73%
Trans Fat 0g	
Cholesterol 185mg	61%
Sodium 1840mg	80%
Total Carbohydrate 95g	35%
Dietary Fiber 10g	36%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 63g	
Vitamin D <u>0.1mcg</u>	<u>0%</u>
Calcium 481mg	35%
Iron 7.71mg	45%
Potassium <u>910mg</u>	<u>19%</u>
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	

Ingredients:

Chicken Bnls Braised(WITH JUICES Ingredients: Chicken Thigh Meat, Water, Contains 2% or less of Spices, Salt, Flavoring, Paprika, Olive Oil, Xanthan Gum.), Bread Baguette Frch(INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, CONTAINS 2% OR LESS OF: SOUR CULTURE, SALT, SEMOLINA, YEAST.CONTAINS: WHEAT.MADE IN A FACILITY THAT ALSO PROCESSES EGGS, MILK, PEANUTS, SESAME, SOY AND TREE NUTS (MACADAMIA NUTS, PECANS AND WALNUTS).), Peppers, sweet, green, raw(Green Peppers), Avocado(Hass Avocado), Cheese, provolone(Cultured Pasteurized Milk, Salt and Enzymes. CONTAINS: MILK), Mushrooms White Raw, Onions raw

Nutrient values displayed as underlined may be understated, as a value is not available for all ingredients.

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AVOCADO CHICKEN WRAP

Nutrition Information	
Serving size	Serving (500 grams)
Amount Per Serving	
Calories	850
	% Daily Value*
Total Fat 38g	48%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 155mg	52%
Sodium 1170mg	51%
Total Carbohydrate 65g	24%
Dietary Fiber 9g	33%
Total Sugars 7g	
Includes 3g Added Sugars	6%
Protein 63g	
Vitamin D <u>0.2mcg</u>	<u>2%</u>
Calcium 256mg	20%
Iron 5.72mg	30%
Potassium <u>1200mg</u>	<u>26%</u>
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	

Ingredients:

Chicken breast CHOPPED, SALSA PINEAPPLE (Tomato, Green Pepper, Yellow Onion, Lime Juice, Cilantro, Salt.), Wrap Tortilla Flour 12" (Bleached Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Blend of Vegetable Oils (Soybean Oil and Hydrogenated Cottonseed Oil), Contains 2% or less of the following: Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch Monocalcium Phosphate), Salt, Tortilla Premix [Mono- and Diglycerides, Guar Gum, Dextrose, Cellulose Gum, Enzyme Blend (Salt, Wheat Starch, Enzyme(s)), Sugar, Calcium Propionate (preservative), Vital Wheat Gluten, Fumaric Acid, Potassium Sorbate (preservative). Contains: Wheat.), Avocados, SPREAD, Lettuce Spring Mix (Baby Leaf Lettuces May Contain Some or the following: arugula, green chard, green leaf, green oak, green romaine, mizuna, red chard, red leaf, red oak, red romaine, baby spinach, tango, lolla rosa, beet tops, red mustard, tatsoi. Chicories may contain the following: raddichio, frisee.), MAYONNAISE GARLIC (Soybean Oil, Egg Yolks, Water, Whole Egg, Distilled Vinegar, Contains less than 2% of Salt, Sugar, Lemon Juice Concentrate, Calcium Disodium EDTA added to Protect Flavor, Natural Flavor (includes Mustard), Oleoresin Paprika (Color). Contains: Egg.)

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AVOCADO VEGAN PANINI

Nutrition Information

Serving size **Serving (369 grams)**

Amount Per Serving

Calories **450**

	% Daily Value*
Total Fat <u>19g</u>	25%
Saturated Fat <u>2g</u>	11%
Trans Fat <u>0g</u>	
Cholesterol <u>0mg</u>	0%
Sodium <u>780mg</u>	34%
Total Carbohydrate <u>61g</u>	22%
Dietary Fiber <u>7g</u>	26%
Total Sugars <u>6g</u>	
Includes <u>2g</u> Added Sugars	4%
Protein <u>14g</u>	
Vitamin D <u>1.9mcg</u>	<u>10%</u>
Calcium <u>146mg</u>	<u>10%</u>
Iron <u>4.37mg</u>	<u>25%</u>
Potassium <u>830mg</u>	<u>18%</u>

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Ingredients:

BREAD SLICED(Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Whole Wheat Flour, High Fructose Corn Syrup, Yeast, Contains less than 2% of each of the following: Wheat Gluten, Soybean Oil, Salt, Wheat Flour, Vegetable Oils (Coconut Oil, Canola Oil, High Oleic Soybean Oil And/Or High Oleic Canola Oil), Caramel Color With Sulfites, Calcium Proporionate (A Preservative), Sodium Stearoyl Lactylate, Monocalcium Phosphate, Ammonium Sulfate, Enzymes, Calcium Sulfate, Ascorbic Acid (Dough Conditioner), Sunflower Lecithin. Contains: Wheat and Soy.), Mushroom Portabella GRILLED, Avocado SPREAD, Onions RED, CHEESE VEGAN, MAYO VEGAN(WATER, SOYBEAN OIL, DISTILLED WHITE VINEGAR, MODIFIED FOOD STARCH*, SUGAR, SALT, CONTAINS LESS THAN 2% OF HIGH FRUCTOSE CORN SYRUP, EGG WHITES, PHOSPHORIC ACID*, XANTHAN GUM, MICROCRYSTALLINE CELLULOSE*, POLYSORBATE 60*, MUSTARD FLOUR, CELLULOSE GUM*, PAPRIKA, CALCIUM DISODIUM EDTA (TO PRESERVE FLAVOR), BETA CAROTENE (COLOR), GARLIC POWDER, ONION POWDER, NATURAL FLAVOR. *INGREDIENTS NOT IN MAYONNAISE. CONTAINS: EGG), Spinach raw, Basil fresh, Tomatoes SLICED

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AVOCADO BUFFALO WRAP

Nutrition Information

Serving size **Serving (454 grams)**

Amount Per Serving

Calories 880

	% Daily Value*
Total Fat 47g	61%
Saturated Fat 13g	65%
Trans Fat 0g	
Cholesterol 125mg	42%
Sodium 1980mg	86%
Total Carbohydrate 65g	24%
Dietary Fiber 8g	30%
Total Sugars 3g	
Includes <u>less than</u> 1g Added Sugars	2%
Protein 52g	
Vitamin D 0.3mcg	<u>2%</u>
Calcium 474mg	35%
Iron 5.74mg	30%
Potassium 950mg	<u>20%</u>

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Ingredients:

Chicken breast DICED, Wrap Tortilla Spinach(Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified and Hydrogenated Soybean Oils), Contains 2% or less of: Vital Wheat Gluten, Salt, Seasoning (Spinach Powder, Onion Powder, Spice, Salt, Garlic Powder, Soybean Oil, Yellow 5 Aluminum Lake, Blue 1 Aluminum Lake, Natural And Artificial Flavor) Baking Soda, Sodium Acid Pyrophosphate, Cellulose Gum, Fumaric Acid, Distilled Monoglycerides, Enzymes, Dextrose, Artificial Flavors, Propylene Glycol, Yellow 5, Blue 1, and Calcium Propionate and Sorbic Acid (to preserve freshness). CONTAINS: Wheat), Avocado SPREAD, Cucumber CHOPPED(Fresh Select Cucumbers), Cheese Chdr Mild Fcy Shrd Yel(Cheddar Cheese ((Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color])). Anti-Caking Blend (Potato Starch, Powdered Cellulose). CONTAINS: Milk.), Dressing Ranch(SOYBEAN OIL, WATER, CULTURED BUTTERMILK, DISTILLED VINEGAR, HIGH FRUCTOSE CORN SYRUP, BUTTERMILK SOLIDS, CONTAINS LESS THAN 2% OF SALT, EGG YOLK, ONION,* MONOSODIUM GLUTAMATE, GARLIC,* XANTHAN GUM, LACTIC ACID, NATURAL FLAVOR, POLYSORBATE 60, POTASSIUM SORBATE (PRESERVATIVE), PHOSPHORIC ACID, PROPYLENE GLYCOL ALGINATE, SPICE. *DRIED CONTAINS: EGG,

MILK), Sauce Buffalo(INGREDIENTS: DISTILLED VINEGAR, AGED CAYENNE RED PEPPERS, SALT, WATER, CANOLA OIL, PAPRIKA, XANTHAN GUM (THICKENER), GARLIC POWDER & NATURAL FLAVOR.), Lettuce Spring Mix(Baby Leaf Lettuces May Contain Some or the following: arugula, green chard, green leaf, green oak, green romaine, mizuna, red chard, red leaf, red oak, red romaine,baby spinach, tango, lolla rosa, beet tops, red mustard, tatsoi. Chicories may contain the following: raddichio, frisee.)

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Avocado Falafel Wrap

Nutrition Information	
Serving size	Serving (675 grams)
Amount Per Serving	
Calories	990
% Daily Value*	
Total Fat 31g	40%
Saturated Fat 6g	29%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2730mg	119%
Total Carbohydrate 135g	49%
Dietary Fiber 41g	148%
Total Sugars 20g	
Includes 0g Added Sugars	0%
Protein 35g	
Vitamin D 0mcg	<u>0%</u>
Calcium 310mg	25%
Iron 13.33mg	70%
Potassium 1270mg	<u>27%</u>
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	

Ingredients:

Falafel(Water, Chickpeas, Parsley, Onions, Cilantro, Serrano Peppers, Garlic Puree (Garlic, Citric Acid and Ascorbic Acid), Contains 2% or less of: Salt, Spices, Rice Flour, Xanthan Gum.), Pineapple Salsa, Avocado Spread(Hass Avocado), Bbrlcls Wrap Tortilla Spinach 12" (Bleached Enriched Wheat Flour (Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Soybean Oil, Hydrogenated Vegetable Oil (Contains one or more of the following: Cottonseed Oil, Soybean Oil) with Mono- Diglycerides and/or Citric Acid, Spinach Powder Extender [Spinach Powder, Corn Starch, Dextrose, Maltodextrin, Natural and Artificial Flavor, Salt, Artificial Colors (FD&C Yellow #6, FD&C Blue #1, FD&C Yellow #5), Mushroom Powder, Disodium Inosinate and Guanylate, Disodium Calcium EDTA], Contains 2% or less of the following: Salt, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate, Corn Starch, Monocalcium Phosphate), Dehydrated Spinach Flakes, Fumaric Acid, Dough Conditioner (Wheat Flour, Calcium Sulfate, Sorbic Acid), Preservatives [Sodium Propionate (Propionic Acid, Sodium Hydroxide), Water and Potassium Sorbate], Cellulose Gum. CONTAINS: Wheat), Lettuce Spring Mix(Baby Leaf Lettuces May Contain Some or the following: arugula, green chard, green leaf, green oak, green romaine, mizuna, red chard, red leaf, red oak, red romaine,baby spinach, tango, lolla rosa, beet tops, red mustard, tatsoi. Chicories may contain the following:

raddichio, frisee.), Cucumber, with peel, raw, Tomatoes
red ripe raw year round average

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Avocado Buddha Bowl

Nutrition Information	
Serving size	Serving (495 grams)
Amount Per Serving	
Calories	430
% Daily Value*	
Total Fat 25g	32%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 42g	15%
Dietary Fiber 17g	60%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 18g	
Vitamin D 0mcg	<u>0%</u>
Calcium 149mg	10%
Iron 6.58mg	35%
Potassium 810mg	<u>17%</u>
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	

Ingredients:

Avocados, raw, all commercial varieties(*Hass Avocado*), Lettuce Spring Mix(*Baby Leaf Lettuces May Contain Some or the following: arugula, green chard, green leaf, green oak, green romaine, mizuna, red chard, red leaf, red oak, red romaine, baby spinach, tango, lolla rosa, beet tops, red mustard, tatsoi. Chicories may contain the following: raddichio, frisee.*), Quinoa cooked, Simplot Soybean Whole Edamame Shelled(SOYBEANS. CONTAINS: SOY.), Sys Cls Bean Garbanzo Fcy No Sulfite(*Cooked Dried Chick Peas, Water, Salt*), Tomatoes red ripe raw year round average, Broccoli raw, Onions raw, Cucumber, with peel, raw

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Avo Chicken Caesar Salad

Nutrition Information	
Serving size	Serving (684 grams)
Amount Per Serving	
Calories	1330
	% Daily Value*
Total Fat 71g	90%
Saturated Fat 16g	81%
Trans Fat 0g	
Cholesterol 335mg	111%
Sodium 2460mg	107%
Total Carbohydrate 107g	39%
Dietary Fiber 16g	58%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 84g	
Vitamin D <u>1.3mcg</u>	<u>6%</u>
Calcium 992mg	80%
Iron 6.76mg	40%
Potassium <u>1780mg</u>	<u>38%</u>
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	

Ingredients:

Avocados, raw, Chicken breast sknls bnls, Lettuce Spring Mix(Baby Leaf Lettuces May Contain Some or the following: arugula, green chard, green leaf, green oak, green romaine, mizuna, red chard, red leaf, red oak, red romaine,baby spinach, tango, lolla rosa, beet tops, red mustard, tatsoi. Chicories may contain the following: raddichio, frisee.), Croutons(ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANOLA AND/OR SUNFLOWER OIL (WITH ROSEMARY EXTRACT AND ASCORBIC ACID [TO PRESERVE FRESHNESS]), WHEY, SALT, SUGAR, YEAST, 2% OR LESS OF SPICES, DEHYDRATED PARSLEY, ONION POWDER, PAPRIKA (COLOR), TURMERIC (COLOR), EXTRACTIVE OF PAPRIKA (COLOR), SPICE EXTRACTIVE, ENZYMES. CONTAINS: WHEAT, MILK.), Cheese parmesan hard, Egg, whole, cooked, hard-boiled(Hard Cooked Eggs, Water. Citric Acid, Sodium Benzoate, and Nisin Preparation (as preservatives). CONTAINS: EGGS.)

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Salmon Avocado Salad

Nutrition Information	
Serving size	Serving (675 grams)
Amount Per Serving	
Calories	760
% Daily Value*	
Total Fat 49g	63%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 310mg	103%
Sodium 510mg	22%
Total Carbohydrate 27g	10%
Dietary Fiber 17g	61%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 58g	
Vitamin D <u>1.0mcg</u>	<u>6%</u>
Calcium 194mg	15%
Iron 7.89mg	45%
Potassium <u>2340mg</u>	<u>50%</u>
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	

Ingredients:

Fish, salmon, Avocados, raw, Lettuce Spring Mix(*Baby Leaf Lettuces May Contain Some or the following: arugula, green chard, green leaf, green oak, green romaine, mizuna, red chard, red leaf, red oak, red romaine, baby spinach, tango, lolla rosa, beet tops, red mustard, tatsoi. Chicories may contain the following: raddichio, frisee.*), Tomatoes red ripe, Egg, whole, cooked, hard-boiled(*Hard Cooked Eggs. Citric Acid, Sodium Benzoate, and Nisin Preparation (as preservatives).* CONTAINS: EGGS), Cucumber, with peel, raw, Salt Table, Spices Chili Powder, Spice Pepper Black Ground

Nutrient values displayed as underlined may be understated, as a value is not available for all ingredients.

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Signature Avocado Salad

Nutrition Information	
Serving size	Serving (744 grams)
Amount Per Serving	
Calories	940
% Daily Value*	
Total Fat 64g	83%
Saturated Fat 20g	98%
Trans Fat 0g	
Cholesterol 360mg	121%
Sodium 900mg	39%
Total Carbohydrate 32g	12%
Dietary Fiber 18g	63%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 65g	
Vitamin D <u>1.3mcg</u>	<u>6%</u>
Calcium 584mg	45%
Iron 7.00mg	40%
Potassium <u>1980mg</u>	<u>42%</u>
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	

Ingredients:

Avocados, raw, Chicken breast sknls bnls, Lettuce Spring Mix(*Baby Leaf Lettuces May Contain Some or the following: arugula, green chard, green leaf, green oak, green romaine, mizuna, red chard, red leaf, red oak, red romaine, baby spinach, tango, lolla rosa, beet tops, red mustard, tatsoi. Chicories may contain the following: raddichio, frisee.*), Tomatoes red ripe raw, Cheese, Cheddar Shredded, Cucumber, with peel, raw(*Fresh Select Cucumbers*), Egg, whole, cooked, hard-boiled(*Hard Cooked Eggs, Water. Citric Acid, Sodium Benzoate, and Nisin Preparation (as preservatives)*).
CONTAINS: EGGS., Pork cured bacon cooked baked

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Avo House Sampler

Nutrition Information	
Serving size	Serving (599 grams)
Amount Per Serving	
Calories	1180
	% Daily Value*
Total Fat 83g	106%
Saturated Fat 16g	78%
Trans Fat 0g	
Cholesterol 330mg	109%
Sodium 1850mg	81%
Total Carbohydrate 92g	33%
Dietary Fiber 22g	77%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 27g	
Vitamin D <u>1.7mcg</u>	<u>8%</u>
Calcium 187mg	15%
Iron 7.41mg	40%
Potassium <u>2140mg</u>	<u>45%</u>
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	

Ingredients:

Avocados, raw, Potatoes, Avocado Spread, Egg, whole, cooked, hard-boiled(*Hard Cooked Eggs. Citric Acid, Sodium Benzoate, and Nisin Preparation (as preservatives).* CONTAINS: EGGS), Avocados, raw diced, Sauce Aioli Spicy(SOYBEAN OIL, WATER, CHIPOTLE CHILIES IN ADOBO (WATER, RED JALAPENO PEPPERS [CHIPOTLE PEPPERS], TOMATO PASTE, VINEGAR, SALT, OLEORESIN PAPRIKA, NATURAL FLAVOR, OLEORESIN CAPSICUM), TOMATO PASTE, SALTED EGG YOLKS (EGG YOLKS, SALT), VINEGAR, SUGAR, CILANTRO, DEHYDRATED GARLIC, NATURAL SMOKE FLAVOR, SALT, MUSTARD SEED, POTASSIUM SORBATE AND SODIUM BENZOATE (PRESERVATIVES), XANTHAN GUM, MARJORAM, LEMON JUICE CONCENTRATE, DISODIUM EDTA (ADDED TO PROTECT FLAVOR). CONTAINS: EGG, MUSTARD.), Egg Roll Wrapper, Sauce Sweet And Sour, Tomatoes red ripe diced, Avocados, spread, Bread, crumbs, dry, Pork cured bacon crumbled, Peas, green, Dabeli Masala(""), Cream, fluid, heavy whipping, Tomatoes, sun-dried, Egg whole raw fresh, Cheese parmesan grated, Lime juice fresh raw, Salt Table, Wheat flour, white, enriched, Spice Garlic Powder, Coriander (cilantro) leaves, raw chopped, Spice Pepper Black Ground, Spices Chili Powder, Spice Garam Masala(""), Spices, pepper, red or cayenne

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Avocado Deviled Eggs

Nutrition Information	
Serving size	Serving (334 grams)
Amount Per Serving	
Calories	580
% Daily Value*	
Total Fat 45g	58%
Saturated Fat 10g	49%
Trans Fat 0g	
Cholesterol 570mg	190%
Sodium 430mg	19%
Total Carbohydrate 18g	6%
Dietary Fiber 11g	41%
Total Sugars 4g	
Includes <u>0</u> g Added Sugars	<u>0%</u>
Protein 26g	
Vitamin D 3.1mcg	15%
Calcium 97mg	8%
Iron 4.07mg	25%
Potassium 1080mg	23%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	

Ingredients:

Avocado Spread, Egg, whole, cooked, hard-boiled(*Hard Cooked Eggs*, Citric Acid, Sodium Benzoate, and Nisin Preparation (as preservatives). **CONTAINS: EGGS**), Pork cured bacon crumbled

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Avocado Egg Rolls (before frying)

Nutrition Information	
Serving size	Serving (224 grams)
Amount Per Serving	
Calories	390
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 2.5g	12%
Trans Fat <u>0</u> g	
Cholesterol 5mg	2%
Sodium 1550mg	67%
Total Carbohydrate 55g	20%
Dietary Fiber 10g	36%
Total Sugars <u>5</u> g	
Includes <u>0</u> g Added Sugars	0%
Protein 10g	
Vitamin D <u>0</u> mcg	<u>0%</u>
Calcium 66mg	6%
Iron 3.92mg	20%
Potassium 1000mg	21%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	

Ingredients:

Avocados, raw diced, Egg Roll Wrapper, Tomatoes red ripe diced, Tomatoes, sun-dried, Lime juice fresh raw, Salt Table, Coriander (cilantro) leaves, raw chopped, Spice Garlic Powder, Spice Pepper Black Ground

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Avocado Fries

Nutrition Information	
Serving size	Servings (444 grams)
Amount Per Serving	
Calories	1110
	% Daily Value*
Total Fat 93g	119%
Saturated Fat 19g	93%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 820mg	35%
Total Carbohydrate 66g	24%
Dietary Fiber 23g	81%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 0.5mcg	2%
Calcium 219mg	15%
Iron 4.81mg	25%
Potassium 1720mg	37%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	

Ingredients:

Avocados, raw, Sauce Aioli Spicy(SOYBEAN OIL, WATER, CHIPOTLE CHILIES IN ADOBO (WATER, RED JALAPENO PEPPERS [CHIPOTLE PEPPERS], TOMATO PASTE, VINEGAR, SALT, OLEORESIN PAPRIKA, NATURAL FLAVOR, OLEORESIN CAPSICUM), TOMATO PASTE, SALTED EGG YOLKS (EGG YOLKS, SALT), VINEGAR, SUGAR, CILANTRO, DEHYDRATED GARLIC, NATURAL SMOKE FLAVOR, SALT, MUSTARD SEED, POTASSIUM SORBATE AND SODIUM BENZOATE (PRESERVATIVES), XANTHAN GUM, MARJORAM, LEMON JUICE CONCENTRATE, DISODIUM EDTA (ADDED TO PROTECT FLAVOR). CONTAINS: EGG, MUSTARD.), Bread, crumbs, dry, Cream, fluid, heavy whipping, Egg whole raw fresh, Cheese parmesan grated, Wheat flour, white, enriched, Spices Chili Powder, Spice Garlic Powder, Spices, pepper, red or cayenne

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Avo Creamy Garlic Butter Salmon

Nutrition Information	
Serving size	Serving (729 grams)
Amount Per Serving	
Calories	1500
% Daily Value*	
Total Fat 85g	109%
Saturated Fat 33g	167%
Trans Fat <u>1.5</u> g	
Cholesterol 235mg	78%
Sodium 7260mg	316%
Total Carbohydrate 135g	49%
Dietary Fiber 26g	94%
Total Sugars <u>28</u> g	
Includes <u>0</u> g Added Sugars	0%
Protein 62g	
Vitamin D <u>1.8</u> mcg	<u>10%</u>
Calcium 297mg	25%
Iron 12.77mg	70%
Potassium <u>4230</u> mg	<u>90%</u>
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	

Ingredients:

Avocados, raw,, Fish salmon, grilled, Cream, fluid, heavy whipping, Rice, Basmati(*ENRICHED LONG GRAIN RICE [RICE, NIACIN, IRON (FERRIC ORTHOPHOSPHATE), THIAMIN (THIAMIN MONONITRATE), FOLIC ACID]*), Asparagus, raw, Tomatoes, sun-dried, Salt Table, Spinach chopped, Spice Pepper Black Ground, Cheese parmesan grated, Parsley fresh

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Avocado Vegan Chorizo Taco

Nutrition Information	
Serving size	Serving (436 grams)
Amount Per Serving	
Calories	<u>730</u>
% Daily Value*	
Total Fat <u>32g</u>	41%
Saturated Fat <u>5g</u>	25%
Trans Fat <u>0g</u>	
Cholesterol <u>0mg</u>	0%
Sodium <u>2200mg</u>	96%
Total Carbohydrate <u>87g</u>	32%
Dietary Fiber <u>20g</u>	72%
Total Sugars <u>6g</u>	
Includes <u>0g</u> Added Sugars	0%
Protein <u>38g</u>	
Vitamin D <u>0mcg</u>	<u>0%</u>
Calcium <u>493mg</u>	<u>40%</u>
Iron <u>13.89mg</u>	<u>80%</u>
Potassium <u>1180mg</u>	<u>25%</u>
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	

Ingredients:

SAUSAGE CHORIZO VEGAN BULK (INGREDIENTS: WATER, SOY PROTEIN CONCENTRATE, VEGETABLE OIL (corn, canola and/or sunflower), ONIONS, PAPRIKA COLOR. CONTAINS 2% OR LESS OF garlic puree (garlic, water), salt, soy protein isolate, spices, citric acid, onion and carrot juice concentrate, garlic powder, vinegar solids, onion powder, sugar, paprika extract color, natural flavors, faba bean protein, pea protein.), TORTILLA FLOUR PRESSED 6 IN (Enriched Bleached Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified and Hydrogenated Soybean Oils), contains 2% or less of: Salt, Baking Soda, Sodium Acid Pyrophosphate, Distilled Monoglycerides, Enzymes, Cellulose Gum, Fumaric Acid, and Calcium Propionate and Sorbic Acid (to maintain freshness).), Salsa Pico de Gallo Frsh (Tomato, Yellow Onion, Green Pepper, Red Pepper, Jalapeno Pepper, Cilantro, Olive Oil, Vinegar, Salt, Black Pepper), Peppers sweet red raw, Peppers, sweet, green, raw (Green Peppers), Cheese Vegan Shred Mozzarella

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Avocado Honey Garlic Chicken

Nutrition Information	
Serving size	Serving (479 grams)
Amount Per Serving	
Calories	<u>720</u>
% Daily Value*	
Total Fat <u>44g</u>	<u>57%</u>
Saturated Fat <u>24g</u>	<u>120%</u>
Trans Fat <u>0g</u>	
Cholesterol <u>235mg</u>	<u>78%</u>
Sodium <u>2100mg</u>	<u>91%</u>
Total Carbohydrate <u>47g</u>	<u>17%</u>
Dietary Fiber <u>5g</u>	<u>16%</u>
Total Sugars <u>38g</u>	
Includes <u>0g</u> Added Sugars	<u>0%</u>
Protein <u>38g</u>	
Vitamin D <u>0mcg</u>	<u>0%</u>
Calcium <u>71mg</u>	<u>6%</u>
Iron <u>2.94mg</u>	<u>15%</u>
Potassium <u>990mg</u>	<u>21%</u>
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	

Ingredients:

Chicken Thigh Bnls Braised(WITH JUICES Ingredients: Chicken Thigh Meat, Water, Contains 2% or less of Spices, Salt, Flavoring, Paprika, Olive Oil, Xanthan Gum.), Cauliflower, raw, Broccoli raw, Butter, without salt(Cream (milk), natural flavoring.), Honey (USDA (Honey)), Vinegar Cider(Cider vinegar diluted to 4% acidity.), Sauce Soy (Tamari), Garlic Peeled Whl

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Avo Green Juice

Nutrition Information	
Serving size	Servings (344 grams)
Amount Per Serving	
Calories	180
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 29g	11%
Dietary Fiber 5g	18%
Total Sugars 17g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	<u>0%</u>
Calcium 30mg	2%
Iron 0.74mg	4%
Potassium 550mg	12%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	

Ingredients:

Ice, Avocados, raw, Water Coconut 100% (Natural coconut water without pulp.), Bananas Raw, Lemon Juice Raw, Sweetener syrup agave, Spinach raw, Ginger Root Fresh, Mint Fresh

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Avo Blueberry Banana Smoothie

Nutrition Information	
Serving size	16 oz Servings (528 grams)
Amount Per Serving	
Calories	<u>130</u>
% Daily Value*	
Total Fat <u>2.5g</u>	<u>3%</u>
Saturated Fat <u>0g</u>	<u>2%</u>
Trans Fat <u>0g</u>	
Cholesterol <u>0mg</u>	<u>0%</u>
Sodium <u>60mg</u>	<u>3%</u>
Total Carbohydrate <u>27g</u>	<u>10%</u>
Dietary Fiber <u>2g</u>	<u>9%</u>
Total Sugars <u>19g</u>	
Includes <u>0g</u> Added Sugars	<u>0%</u>
Protein <u>less than 1g</u>	
Vitamin D <u>0mcg</u>	<u>0%</u>
Calcium <u>46mg</u>	<u>4%</u>
Iron <u>0.23mg</u>	<u>2%</u>
Potassium <u>630mg</u>	<u>13%</u>
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	

Ingredients:

Water Coconut(Natural coconut water without pulp.), Ice, Blueberries, raw, Avocados, raw, Bananas Raw, Sweetener Agave

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Avocado Cheesecake

Nutrition Information	
Serving size	Slices (99 grams)
Amount Per Serving	
Calories	230
% Daily Value*	
Total Fat 13g	16%
Saturated Fat 5g	24%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 125mg	5%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	6%
Total Sugars 16g	
Includes <u>13g</u> Added Sugars	<u>26%</u>
Protein 4g	
Vitamin D <u>0mcg</u>	<u>0%</u>
Calcium 62mg	4%
Iron 0.67mg	4%
Potassium <u>80mg</u>	<u>2%</u>
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	

Ingredients:

Milk condensed sweetened canned(*Milk, Sugar. CONTAINS: MILK.*), Avocado Spread(*Hass Avocado*), Pie crust, Cheese, cream(*PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, GUAR GUM, CAROB BEAN GUM, XANTHAN GUM. CONTAINS: MILK.*), Sugars granulated(*Sugar*), Lemon Juice Raw(*Lemon Juice, 100% Juice*)

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Breadless Wrap

Nutrition Facts

Servings: 3

Amount per serving

Calories **772**

% Daily Value*

Total Fat 41.1g **53%**

Saturated Fat 15.3g **76%**

Cholesterol 155mg **52%**

Sodium 3587mg **156%**

Total Carbohydrate 41.1g **15%**

Dietary Fiber 8.4g **30%**

Total Sugars 19.1g

Protein 61.9g

Vitamin D 0mcg **0%**

Calcium 576mg **44%**

Iron 10mg **53%**

Potassium 1515mg **32%**

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**

Avocado Ungai Egg Plant

Nutrition Facts

Servings: 6

Amount per serving

Calories **725**

% Daily Value*

Total Fat 4.3g **5%**

Saturated Fat 0.9g **5%**

Cholesterol 0mg **0%**

Sodium 1906mg **83%**

Total Carbohydrate 158.4g **58%**

Dietary Fiber 4.8g **17%**

Total Sugars 44.7g

Protein 12.8g

Vitamin D 0mcg **0%**

Calcium 112mg **9%**

Iron 3mg **16%**

Potassium 515mg **11%**

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**

Avocado Strawberries and Cream Crepes

Nutrition Facts

Servings: 3

Amount per serving

Calories **1381**

% Daily Value*

Total Fat 80.5g **103%**

Saturated Fat 45.8g **229%**

Cholesterol 439mg **146%**

Sodium 6968mg **303%**

Total Carbohydrate 116.5g **42%**

Dietary Fiber 3.1g **11%**

Total Sugars 86.6g

Protein 14.3g

Vitamin D 85mcg **423%**

Calcium 114mg **9%**

Iron 3mg **18%**

Potassium 453mg **10%**

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**