

## USDA National School Lunch Product Fact Sheet

<b>PRODUCT SPECIFICATION:</b>	<b>GUACAMOLE, FROZEN: Simplot® Harvest Fresh Western Guacamole / SKU: 10071179193425.</b> Made with 100% Hass avocados, ultra-high pressure pasteurized, natural ingredients, thaw and serve, Western Spice. To contain 89.8% avocado, 6% red bell pepper and 2% onion. <b>PACK SIZE: 12/1 LB bags per case.</b>
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<b>FOOD BUYING GUIDE SUB-GROUP: Avocados, fresh All sizes Whole; Onions, Mature, frozen Chopped; Peppers, Bell frozen Orange or Red Diced</b>							
<i>*Creditable serving size adjusted to reflect weight needed to attain vegetable credit. Non-potato ingredients excluded.</i>							
Creditable Ingredient Serving Size (as purchased)		Serving Size per Meal Contribution		Servings per Pound	Purchase Unit	Servings per Unit	Qty for 100 Servings
2.93 oz		¼ cup		5.46	Bag	5.46	18.32
					Case	65.52	1.53
5.86 oz		½ cup		2.73	Bag	2.73	36.64
					Case	32.76	3.06
Veg Group	Dark Green	Red/Orange	Starchy	Beans/Peas	Other	Additional	Meat Alt.
2.93 oz					¼ cup		
5.86 oz					½ cup		

\*Information above is provided for food, as purchased, using the USDA Food Buying Guide for Child Nutrition, January 2013 Update.

INGREDIENT STATEMENT	NUTRITION																																		
Avocado, Red Bell Pepper, Onion, Salt, Jalapeño Pepper, Garlic, Lime Juice Concentrate.	<input type="checkbox"/> <b>Smart Snacks Compliant</b>																																		
<b>ALLERGENS PRESENT</b>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr style="background-color: #444; color: white;"> <th colspan="2">Nutrition Facts</th> </tr> <tr> <td colspan="2" style="font-size: small;">Serving Size 2.93 oz (83g)</td> </tr> <tr> <td colspan="2" style="font-size: small;">Amount Per Serving</td> </tr> <tr> <td style="font-weight: bold;">Calories 160</td> <td style="font-weight: bold;">Calories from Fat 140</td> </tr> <tr> <td colspan="2" style="text-align: right; font-size: small;">% Daily Value*</td> </tr> <tr> <td style="font-weight: bold;">Total Fat 15g</td> <td style="text-align: right; font-weight: bold;">23%</td> </tr> <tr> <td style="font-weight: bold;">Saturated Fat 2.5g</td> <td style="text-align: right; font-weight: bold;">13%</td> </tr> <tr> <td style="font-weight: bold;">Trans Fat 0g</td> <td></td> </tr> <tr> <td style="font-weight: bold;">Cholesterol 0mg</td> <td style="text-align: right; font-weight: bold;">0%</td> </tr> <tr> <td style="font-weight: bold;">Sodium 370mg</td> <td style="text-align: right; font-weight: bold;">15%</td> </tr> <tr> <td style="font-weight: bold;">Total Carbohydrate 6g</td> <td style="text-align: right; font-weight: bold;">2%</td> </tr> <tr> <td style="font-weight: bold;">Dietary Fiber 4g</td> <td style="text-align: right; font-weight: bold;">16%</td> </tr> <tr> <td style="font-weight: bold;">Sugars 1g</td> <td></td> </tr> <tr style="background-color: #444; color: white;"> <th colspan="2">Protein 1g</th> </tr> <tr> <td style="font-size: small;">Vitamin A 8%</td> <td style="font-size: small;">Vitamin C 15%</td> </tr> <tr> <td style="font-size: small;">Calcium 0%</td> <td style="font-size: small;">Iron 4%</td> </tr> <tr> <td colspan="2" style="font-size: x-small;">*Percent Daily Values are based on a 2,000 calorie diet.</td> </tr> </table>	Nutrition Facts		Serving Size 2.93 oz (83g)		Amount Per Serving		Calories 160	Calories from Fat 140	% Daily Value*		Total Fat 15g	23%	Saturated Fat 2.5g	13%	Trans Fat 0g		Cholesterol 0mg	0%	Sodium 370mg	15%	Total Carbohydrate 6g	2%	Dietary Fiber 4g	16%	Sugars 1g		Protein 1g		Vitamin A 8%	Vitamin C 15%	Calcium 0%	Iron 4%	*Percent Daily Values are based on a 2,000 calorie diet.	
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<b>ALLERGENS PRESENT</b>	<input type="checkbox"/> Milk <input type="checkbox"/> Egg <input type="checkbox"/> Wheat <input type="checkbox"/> Soy <input type="checkbox"/> Peanuts <input type="checkbox"/> Tree Nuts <input type="checkbox"/> Fish <input type="checkbox"/> Molluscan Shellfish																																		
<b>ADDITIONAL INFORMATION</b>	<input checked="" type="checkbox"/> Gluten Free <input type="checkbox"/> Lacto-Vegetarian <input checked="" type="checkbox"/> Vegan																																		

COOKING INSTRUCTIONS					
<b>To Serve Cold</b>	<b>KEEP FROZEN. DO NOT THAW IN MICROWAVE.</b> For Best Quality: Thaw unopened bag for 15-24 hours in the refrigerator (40°F) in a single layer. <b>OPENED BAG:</b> Keep surface covered to prevent browning. Use refrigerated guacamole within 7 days. Once thawed, do not refreeze.				
CASE PACK					
<b>Shelf Life (stored at 0°F)</b>	18 months	<b>Case Cube (ft.<sup>3</sup>)</b>	0.36	<b>Gross Weight (lb)</b>	14.00
<b>Outer Case Dimensions (LxWxH)</b>	11.375" x 8.875" x 6.125"	<b>Pallet Ti / Hi</b>	17 / 8		

The J.R. Simplot Company certifies the information above to be true and correct as of June 23, 2015.

*Shawanda Brown*  
Principal Scientist Regulatory Nutrition