

Simplot Harvest Fresh® Avocados

470458 - Simplot Harvest Fresh Avocados Chunky Avocado Pulp, F...

Eliminates 1 hour of expensive prep per case ;Pulp with large chunks of pure avocado is a wonderful base for recipes ;Made only from fruit picked in the height of the season when their buttery flavor is peaking ;High Pressure Processed (HPP) for food safety ;Store frozen up to 18 months and refrigerated up to 7 days (unopened)



MARKETING

# Nutrition Facts

145 Servings per container

**Serving Size** 3 tbsp (50g)

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**Amount Per Serving**

**Calories** 100

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% Daily Value\*

<b>Total Fat</b> 10 g	<b>13%</b>
Saturated Fat 1.5 g	<b>8%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 0 mg	<b>0%</b>
<b>Total Carbohydrates</b> 3 g	<b>1%</b>
Dietary Fiber 3 g	<b>11%</b>
Total Sugars 0 g	
Includes 0 g Added Sugars	<b>0%</b>
<b>Protein</b> 1 g	

Vitamin D	0 mcg	0%
Calcium	10 mg	0%
Iron	0.5 mg	2%
Potassium	280 mg	6%

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

PRODUCT SPECIFICATIONS

Code		Dist Prod Code		GTIN		Calculated Pack	
10071179032397		470458		10071179032397		8/2 lbs	
Brand			Brand Owner		GPC Description		
Simplot Harvest Fresh® Avocados			J. R. Simplot Company		Fruit - Prepared/Processed (Frozen)		
Gross Weight	Net Weight	Case/Catch Weight		Country Of Origin		Kosher	Child Nutrition
18 LBR	16 LBR	No		Mexico		Yes	No
Shipping							
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To	
14.125 INH	9.375 INH	7.75 INH	0.5939 FTQ	12x8	540 Days	-10 FAH / 10 FAH	
Traceability Regulation							
Regulation Type Code		Regulatory Act	Trade Item Regulation Compliant			Regulation Restrictions and Descriptors	
N/A		N/A	N/A			N/A	

HANDLING SUGGESTIONS

Keep frozen 0°F or below

ALLERGENS

C = 'Contains' ; MC = 'May Contain' ; N = 'Free From' ; UN = 'Undeclared' ; 30 = 'Free From Not Tested' ; 50 = 'Derived from Ingredients' ; 60 = 'Not Derived From Ingredients' ; NI = 'No Info'

Milk - N

Eggs - N

Soybean - N

Wheat - N

Sesame - N

Molluscs - N

Peanuts - N

Tree - N

Fish - N

Shellfish - NI

Crustaceans - N

INGREDIENTS

HASS AVOCADO.

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PREPARATION & COOKING SUGGESTIONS

Thaw and Serve FOR BEST QUALITY, THAW UNOPENED TRAY FOR 15-24 HOURS IN THE REFRIGERATOR (40°F) IN A SINGLE LAYER. ONCE THAWED, OPEN REFRIGERATED PULP WITHIN 7 DAYS. OPENED TRAY: KEEP SURFACE COVERED TO PREVENT BROWNING AND STORE AT 40°F. ONCE THAWED, DO NOT REFREEZE.

SERVING SUGGESTIONS

Popular across all dayparts and menu types as a topping or ingredient for salads, appetizers, burger, sandwiches, desserts, smoothies, cocktails and of course Mexican dishes where it can be the star in your recipe!

MORE INFORMATION

NUTRITIONAL ANALYSIS

Calories	100	Total Fat	10 g	Sodium	0 mg
Protein	1 g	Trans Fat	0 g	Calcium	10 mg
Total Carbohydrates	3 g	Saturated Fat	1.5 g	Iron	0.5 mg
Sugars	0 g	Added Sugars	0 g	Potassium	280 mg
Dietary Fiber	3 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A (IU)		Vitamin D	0 mcg	Thiamin	
Vitamin A (RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

NUTRITIONAL CLAIMS

GLUTEN	FREE_FROM	SODIUM_SALT	LOW	HIGH_FRUCTOSE_CORN_SYRUP	FREE_FROM
MSG	NO_ADDED	CORN	FREE_FROM	TRANS_FAT	FREE_FROM
HALAL	YES	KOSHER	YES	VEGAN	YES
VEGETARIAN	YES				

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