

Recipe : Cilantro Lime Guacamole Mix (1.5 tsp. / 4.8g mix)

Per Serving Nutritional Information

Calories (kcal):	14.6	% Calories from Fat:	4.9%
Total Fat (g):	0.1	% Calories from Carb.:	83.0%
Saturated Fat (g):	0.0	% Calories from Protein:	12.1%
Monounsaturated Fat (g):	0.0	% Refuse	0.0%
Polyunsaturated Fat (g):	0.0	Vitamin C (mg):	3
Cholesterol (mg):	0	Vitamin A (i.u.):	33
Carbohydrate (g):	3.4	Vitamin B6 (mg):	0.04
Dietary Fiber (g):	0.4	Vitamin B12 (mcg):	0
Protein (g):	0.5	Thiamin B1 (mg):	0.02
Sodium (mg):	94	Riboflavin B2 (mg):	0.01
Potassium (mg):	88	Folacin (mcg):	4.6
Calcium (mg):	10	Niacin (mg):	0.1
Iron (mg):	0.3	Caffeine (mg):	0.0
Zinc (mg):	0.1	Alcohol (g):	0.0

Daily Values

		% Daily Value 2000 Calorie Diet	% Daily Value 2500 Calorie Diet
Total Fat (g):	0.1	0%	0%
Saturated Fat (g):	0.0	0%	0%
Cholesterol (mg):	0	0%	0%
Sodium (mg):	94	4%	4%
Carbohydrate (g):	3.4	1%	1%
Dietary Fiber (g):	0.4	2%	1%
Protein (g):	0.5	1%	1%
Vitamin A: 0%	Vitamin C: 4%	Calcium: 1%	Iron: 1%