

Nutrition Facts

Serving Size 4 oz

Amount Per Serving

Calories 195 Calories from Fat 131

% DV

Total Fat (g) 15 **22%**

Saturated Fat (g) 12 **59%**

Trans fat (g) 0

Cholesterol (mg) 0 **0%**

Sodium (mg) 50 **2%**

Total Carbohydrate (g) 15 **5%**

Dietary Fiber (g) 1 **5%**

Sugars (g) 13

Protein (g) 2 **4%**

Vitamin A (IU) 3 **0%**

Calcium (mg) 5 **0%**

Vitamin C (mg) 4 **7%**

Iron (mg) 4 **21%**

AVOCADO

Mellow and smooth, the savory creaminess of hand-smashed avocado pairs perfectly with the sweet flavor of coconut

COCONUT CREAM, WATER, AVOCADOES, ORGANIC UNREFINED CANE SUGAR, ORGANIC AGAVE, LIME JUICE, XANTHAN GUM, GUAR GUM, CARRAGEENAN, SALT

*For optimum flavor, texture, and scoopability, patiently let your FoMu pint sit at room temperature for at least 5 minutes before serving.

