

Guacamole & Chips

One (1) – 7 oz. serving

NUTRITIONAL INFORMATION

Per Serving / 7 oz.

Calories 345 **Calories from Fat** 135

	Amount	% Daily Value
Total Fat	15g	23%
Saturated Fat	1.8g	9%
Trans Fat	0 g	
Polyunsaturated Fat	0 g	
Monounsaturated Fat	0 g	
Cholesterol	0 mg	0%
Sodium	313.1mg	13%
Total Carbohydrate	43.9g	15%
Dietary Fiber	7.7g	31%
Sugars	5g	
Protein	58.9g	
Vitamin A		20%
Vitamin C		25%
Calcium		2%
Iron		2%

Percent Daily Values are based on a 2,000 calorie diet

Ingredients (per menu item)	Cal	Fat	Carb
4 oz. Guacamole	154.6	13.8g	6.9g
2 oz. Corn Tortilla Chips	136.9	1.0g	25.42g
2 oz. Pico De Gallo	53.8	0.3g	11.7g

SAUL GOOD

restaurant & pub