



A BURST OF FLAVORS IN THE PERFECT SIZE!

We offer fresh tasting products to enjoy with family and friends.
Using High Pressure Processing (HPP) technology and fresh ingredients.
Freshcourt Guacamole comes in four exciting flavors available in convenient trays.

Available IN 4 EXCITING FLAVORS

JALAPEÑO

Ripened Hass Avocados blended with just enough jalapeño peppers, to add an edge of zestiness. Salt, lime juice, onions, cilantro, garlic and red bell peppers.

HABANERO

Ripened Hass Avocados blended with just enough habanero peppers, onions, salt, and garlic to provide a spicy recipe that appeals to the heat lovers.

CLASSIC

Ripened Hass Avocados, blended with just the right amount of salt, onion, garlic and seasonings. To create a fresh tasting ready - to - use guacamole that is mild in flavor and reaches the broadest taste profile.

PICO DE GALLO

Ripened Hass Avocados blended with tomatoes, onions, jalapeños, salt, and seasonings. To create a guacamole that is mild in flavor and has great eye appeal.

ALL
NATURAL!



Visit freshcourt.com for recipes
FOR AVOCADO AND GUACAMOLE RECIPES

Available IN 4 EXCITING FLAVORS

- High Quality
- Consistent Quality & Taste
- Picked at Peak Ripeness
- Always in Season, Year -Round

JALAPEÑO

Ripened Hass Avocados blended with just enough jalapeño peppers, to add an edge of zestiness. Salt, lime juice, onions, cilantro, garlic and red bell peppers.

Nutrition Facts

About 7 serving per container	
Serv. Size	2 Tbsp (32g)
Amount per serving	
Calories	50
% Daily Value*	
Total Fat 4.5 g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vit. D 0mcg 0% • Calcium 4.3mg 0%	
Iron 0.2mg 2% • Potas. 148mg 4%	

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

HABANERO

Ripened Hass Avocados blended with just enough habanero peppers, onions, salt, and garlic to provide a spicy recipe that appeals to the heat lovers.

Nutrition Facts

About 7 serving per container	
Serv. Size	2 Tbsp (32g)
Amount per serving	
Calories	45
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vit. D 0mcg 0% • Calcium 7mg 0%	
Iron 0mg 0% • Potas. 254mg 6%	

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

CLASSIC

Ripened Hass Avocados, blended with just the right amount of salt, onion, garlic and seasonings. To create a fresh tasting ready - to - use guacamole that is mild in flavor and reaches the broadest taste profile.

Nutrition Facts

About 7 serving per container	
Serv. Size	2 Tbsp (32g)
Amount per serving	
Calories	50
% Daily Value*	
Total Fat 4.5 g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vit. D 0mcg 0% • Calcium 10mg 0%	
Iron 0.2mg 2% • Potas. 150mg 4%	
Vit. A 0mg 0% • Vit. C 4mg 4%	

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PICO DE GALLO

Ripened Hass Avocados blended with tomatoes, onions, jalapeños, salt, and seasonings. To create a guacamole that is mild in flavor and has great eye appeal.

Nutrition Facts

About 7 serving per container	
Serv. Size	2 Tbsp (32g)
Amount per serving	
Calories	45
% Daily Value*	
Total Fat 4 g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 2g	1%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vit. D 0mcg 0% • Calcium 7mg 0%	
Iron 0.2mg 2% • Potas. 130mg 2%	

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

PRODUCT DESCRIPTION		PACKING
Square trays	6 oz (170 g)	16 / 6 oz
	*7 oz (200 g)	10 / 7 oz
	8 oz (227 g)	8 / 12 oz
	*12 oz (340 g)	8 / 12 oz
	16 oz (454 g)	8 / 16 oz
Round trays	8 oz (227 g)	8 / 8 oz
	*12 oz (340 g)	8 / 12 oz
	*16 oz (454 g)	8 / 16 oz
Portion control	2 oz (56 g)	8 (4 / 2 oz)
	4 oz (113 g)	8 (2 / 4 oz)
Sachet Classic only	100/36 g per box	

Shelf life
REFRIGERATED + Up to 60 days
FROZEN + Up to 2 years

Storage
REFRIGERATED 35.6-39 °F (2-4°C)
FROZEN 0° F (-18°C)



#LETSGUACAMOLE™

Contact
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