



# AVOCADO

## *Salad*

ALL  
NATURAL!

RETAIL



MEDITERRANEAN



CLASSIC



SOUTHWEST

Available IN 3 EXCITING FLAVORS

These Avocado Salads are perfect as a stand-alone side dish  
or as an add-on to your favorite salads.  
Simple, healthy and delish!

FOR AVOCADO AND GUACAMOLE RECIPES VISIT  
[www.freshcourt.com](http://www.freshcourt.com)





# AVOCADO

## Salad

These Avocado Salads are perfect as a stand-alone side dish or as an add-on to your favorite salads. Simple, healthy and delish!

PRODUCT DESCRIPTION		PACKING
Square Trays	8oz (227g)	8/8 oz.
Round Trays	8oz (227g)	8/8 oz.
Shelf Life		Storage
REFRIGERATED	+ Up to 60 days	REFRIGERATED 35.6-41 °F (2-5°C)
FROZEN	+ Up to 2 years	FROZEN 0° F (-18°C)

RETAIL



CLASSIC

**CLASSIC** • A healthy side dish with a daily dose of greens. Ripened Hass Avocados, with fresh cucumbers, red and yellow bell peppers with diced mangos, red onions and habanero peppers to spice things up, with a dash of salt lime juice and cilantro.

### Nutrition Facts

Serv. Size: 2 Tbsp (30g)

Amount Per Serving: **Calories 35**, Total Fat 3g (4% DV), Sat. Fat 0g (0% DV), Trans Fat 0g, Cholest. 0mg (0% DV), Sodium 125mg (5% DV), Total Carb. 3g (1% DV), Fiber 1g (4% DV), Total Sugars 1g, Added Sugars 0g (0% DV), Protein 0g, Vit. D 0mcg (0% DV), Calcium 0mg (0% DV), Iron 0mg (0% DV), Potas. 120mg (3% DV)

SOUTHWEST

**SOUTHWEST** • A spiced up healthy snack. Ripened Hass Avocados, with crunchy corn, black beans, chopped poblano and red peppers, with a blend of cilantro, salt natural lemon, and granulated black pepper.

### Nutrition Facts

Serv. Size: 2 Tbsp (30g)

Amount Per Serving: **Calories 40**, Total Fat 2g (3% DV), Sat. Fat 0g (0% DV), Trans Fat 0g, Cholest. 0mg (0% DV), Sodium 90mg (4% DV), Total Carb. 6g (2% DV), Fiber 1g (4% DV), Total Sugars 4g, Added Sugars 1g (2% DV), Protein 0g, Vit. D 0mcg (0% DV), Calcium 0mg (0% DV), Iron 0mg (0% DV), Potas. 90mg (2% DV)

MEDITERRANEAN

**MEDITERRANEAN** • Mediterranean-inspired twist. Ripened Hass Avocados Chunks, blended with firm Tofu, whole chickpeas with just the right amount of Cherry Tomatoes, salt, black pepper, with a touch of Olive Oil, and fresh lemon juice.

### Nutrition Facts

Serv. Size: 2 Tbsp (30g)

Amount Per Serving: **Calories 35**, Total Fat 2.5g (3% DV), Sat. Fat 0g (0% DV), Trans Fat 0g, Cholest. 0mg (0% DV), Sodium 140mg (6% DV), Total Carb. 3g (1% DV), Fiber 2g (7% DV), Total Sugars 0g, Added Sugars 0g (0% DV), Protein 2g, Vit. D 0mcg (0% DV), Calcium 0mg (0% DV), Iron 0mg (0% DV), Potas. 125mg (3% DV)



Contact  
Worldwide

Avenida Empresarios No. 135 Int. 7D Col. Puerta de Hierro  
45116, Zapopan, Jalisco, México + 52 452 528 0012  
contact@freshcourt.com

Contact  
USA / Canada

2525 Ponce De Leon Boulevard, Suite #300,  
Coral Gables, FL 33134  
+1-786-441-5186 sales@freshcourt.com