



HARVEST FRESH

F5F107 - Avocado Halves Iqf Spec

Delicious halves of rich Hass avocado; Consistent pricing, quality and availability all year; Elevate your menu and check average; Say goodbye to labor and waste; Satisfy patrons looking for healthy options



* Benefits

Nutrition Facts

Servings per Container 180
Serving size 1 half(43g)

Amount per serving
Calories 90

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.4mg	2%
Potassium 240mg	5%

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

Ingredients

AVOCADO, SALT, ASCORBIC ACID (TO MAINTAIN NATURAL COLOR), CITRIC ACID.

⚠ Allergens

Free From:

- crustaceans
- eggs
- fish
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

Handling Suggestions

Keep frozen 0F or below

Serving Suggestions

Quick-frozen to capture true, fresh avocado flavor. No additional labor already peeled and pitted.

Prep & Cooking Suggestions

Food Safety Statement: KEEP FROZEN. DO NOT THAW IN MICROWAVE. FOR BEST QUALITY, THAW UNOPENED BAG FOR 8-10 HOURS IN THE REFRIGERATOR (40F) IN SINGLE LAYER. OPENED BAG: KEEP SURFACE COVERED TO PREVENT BROWNING. USE REFRIGERATED HALVES WITHIN 2 DAYS. BEST IF USED WITHIN 24 HOURS. ONCE THAWED, DO NOT REFREEZE.

📄 Product Specifications

Brand	Manufacturer	Product Category
HARVEST FRESH	J.R. Simplot Company	Vegetable Blends

MFG #	SPC #	GTIN	Pack	Pack Desc.
10071179026938	F5F107	10071179026938	12	12 / / cs

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
26lb	24lb	No	MEX	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
18.63in	10.63in	11.88in	1.36ft3	9x8	730DAYS	-10°F / 10°F



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Nutrition Analysis - By Serving

Calories	90	Total Fat	9g	Sodium	75mg
Protein	1	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	3g	Saturated Fat	1.5g	Iron	0.4mg
Sugars	0g	Added Sugars	0g	Potassium	240mg
Dietary Fiber	2g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

