

**iYO** I WANT  
**QUIERO!**™

# Avocado & Egg

**NEW!**

Just hand-scooped avocado,  
chopped hard boiled eggs & spices.

- The perfect breakfast & snack food
- All natural ingredients
- No artificial preservatives
- Vegetarian
- Non GMO
- Gluten free
- 12g protein (per sleeve)
- 8g fiber (per sleeve)
- Low glycemic index



NO ARTIFICIAL PRESERVATIVES

GLUTEN FREE



Nutrition Facts	
4 servings per container	
Serving size 1 mini (57g)	
Amount per serving	
<b>Calories</b>	<b>100</b>
% Daily Value*	
<b>Total Fat</b> 8g	10%
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 70mg	23%
<b>Sodium</b> 290mg	13%
<b>Total Carbohydrate</b> 4g	1%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 3g	
Vitamin D 0.4mcg	2%
Calcium 20mg	2%
Iron 0.5mg	2%
Potassium 210mg	4%

\*The % Daily Value 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.

## EVERYTHING SEASONING

**INGREDIENTS:** HASS AVOCADO, HARD COOKED EGGS, CONTAINS 2% OR LESS OF: SEASONING (SESAME SEEDS, SALT, DEHYDRATED GARLIC, DEHYDRATED ONION, POPPY SEEDS), SALT, VINEGAR. CONTAINS: EGG, SESAME.



Nutrition Facts	
4 servings per container	
Serving size 1 mini (57g)	
Amount per serving	
<b>Calories</b>	<b>80</b>
% Daily Value*	
<b>Total Fat</b> 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 40mg	13%
<b>Sodium</b> 180mg	8%
<b>Total Carbohydrate</b> 4g	1%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 2g	
Vitamin D 0.3mcg	2%
Calcium 20mg	2%
Iron 0.5mg	2%
Potassium 210mg	4%

\*The % Daily Value 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.

## SPINACH-ONION-TOMATO

**INGREDIENTS:** HASS AVOCADO, HARD COOKED EGGS, SPINACH, RED ONION, RED BELL PEPPER, TOMATO, CONTAINS 2% OR LESS OF: SEASONING (SESAME SEEDS, SALT, DEHYDRATED GARLIC, DEHYDRATED ONION, POPPY SEEDS), VINEGAR, SALT. CONTAINS: EGG, SESAME.



Nutrition Facts	
4 servings per container	
Serving size 1 mini (57g)	
Amount per serving	
<b>Calories</b>	<b>100</b>
% Daily Value*	
<b>Total Fat</b> 8g	10%
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 65mg	22%
<b>Sodium</b> 230mg	10%
<b>Total Carbohydrate</b> 4g	1%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 3g	
Vitamin D 0.4mcg	2%
Calcium 20mg	2%
Iron 0.5mg	2%
Potassium 220mg	4%

\*The % Daily Value 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.

## CRUSHED RED PEPPER

**INGREDIENTS:** HASS AVOCADO, HARD COOKED EGGS, CONTAINS 2% OR LESS OF: SEASONING (SESAME SEEDS, SALT, DEHYDRATED GARLIC, DEHYDRATED ONION, POPPY SEEDS), DEHYDRATED RED BELL PEPPER, CRUSHED RED PEPPER, VINEGAR, SALT. CONTAINS: EGG, SESAME.



If you are interested in partnering with Yo Quiero! and their guacamole and/or Avocado & Egg products, please contact Tara Murray at [tmurray@freshinnovationsllc.com](mailto:tmurray@freshinnovationsllc.com)