

wholly guacamole nutrition label

wholly guacamole nutrition label provides essential information for consumers interested in understanding the nutritional content of this popular avocado-based product. Wholly Guacamole is widely recognized for offering fresh, convenient guacamole that can be enjoyed as a dip or a versatile ingredient in various dishes. Examining the nutrition label helps consumers make informed dietary choices, especially those mindful of calories, fats, carbohydrates, and sodium intake. This article will explore the detailed nutritional breakdown of Wholly Guacamole, including its macronutrient profile, vitamins, minerals, and ingredient considerations. Additionally, it will cover how the product fits into different dietary lifestyles and what benefits it can provide. Understanding the wholly guacamole nutrition label is crucial for harnessing its health benefits while maintaining balanced nutrition. The following sections will guide readers through a comprehensive analysis of the product's label and nutritional impact.

- Overview of Wholly Guacamole Nutrition Label
- Macronutrient Breakdown
- Vitamins and Minerals in Wholly Guacamole
- Ingredients and Allergen Information
- Health Benefits and Dietary Considerations
- Serving Size and Usage Recommendations

Overview of Wholly Guacamole Nutrition Label

The wholly guacamole nutrition label offers a clear snapshot of the product's nutritional content per serving. Typically, a serving size is about 2 ounces (56 grams), which is roughly equivalent to two tablespoons. The label outlines key nutritional facts such as calories, total fat, sodium, carbohydrates, dietary fiber, sugars, and protein. This information is essential for consumers tracking their nutrient intake or managing specific dietary goals. The label also provides the percentage of daily values (%DV) based on a 2,000-calorie diet, aiding in understanding how the guacamole contributes to overall daily nutrition.

Understanding Serving Size and Calories

Serving size on the wholly guacamole nutrition label is important to note because it impacts the nutrient quantities listed. Each serving contains approximately 70 to 80 calories, depending on the specific variety or flavor. The calorie content is primarily derived from healthy fats found in avocados, making it a nutrient-dense food option. Awareness of serving size helps consumers control portions and align guacamole consumption with their calorie needs.

Key Nutritional Facts Displayed

The label highlights the following critical nutritional components:

- Calories
- Total Fat
- Saturated Fat
- Cholesterol
- Sodium
- Total Carbohydrates
- Dietary Fiber
- Sugars
- Protein

These elements provide a comprehensive view of the product's macronutrient and micronutrient content.

Macronutrient Breakdown

Examining the wholly guacamole nutrition label's macronutrient section reveals the balance of fats, carbohydrates, and proteins, which are crucial for energy and bodily functions.

Healthy Fats

Wholly Guacamole is rich in total fat, ranging from 6 to 7 grams per serving. The majority of these fats are monounsaturated fats, which are heart-healthy and beneficial for maintaining cholesterol levels. Saturated fat content is low, typically under 1 gram per serving, and the product contains no trans fats. These healthy fats contribute to the creamy texture and satisfying flavor of the guacamole.

Carbohydrates and Fiber

The carbohydrate content is modest, generally between 4 and 5 grams per serving. Importantly, the wholly guacamole nutrition label indicates a significant amount of dietary fiber—around 3 grams per serving. Fiber supports digestive health, aids in maintaining steady blood sugar levels, and promotes satiety. Sugars are minimal, often less than 1 gram, reflecting the product's natural ingredients without added sugars.

Protein Content

Protein in Wholly Guacamole is relatively low, usually about 1 gram per serving. While it is not a primary protein source, it contributes marginally to daily protein intake. The protein present is plant-based and complements other protein sources in a balanced diet.

Vitamins and Minerals in Wholly Guacamole

The wholly guacamole nutrition label also provides valuable information about essential vitamins and minerals found in the product, which contribute to overall health and wellness.

Potassium and Magnesium

Avocados, the main ingredient in Wholly Guacamole, are well-known for their high potassium content. Each serving typically delivers around 200 to 250 milligrams of potassium, which supports heart health and muscle function. Magnesium is also present in moderate amounts, playing a role in bone health and energy production.

Vitamin E and Vitamin C

Vitamin E, an antioxidant that helps protect cells from damage, is found in notable quantities in Wholly Guacamole. Additionally, vitamin C, important for immune function and skin health, is present in smaller but meaningful amounts. These vitamins enhance the nutritional profile of the guacamole beyond basic macronutrients.

Additional Micronutrients

The product contains trace amounts of B vitamins, folate, and vitamin K, contributing to various metabolic processes and blood clotting mechanisms. The wholly guacamole nutrition label highlights these micronutrients, which add to the overall nutrient density of the food.

Ingredients and Allergen Information

Understanding the ingredient list on the wholly guacamole nutrition label is essential for consumers with allergies or dietary restrictions. The product focuses on simplicity and natural ingredients to maintain freshness and flavor.

Primary Ingredients

The primary ingredients typically include:

- Ripe Hass Avocados
- Lime Juice
- Salt
- Onion
- Tomato
- Jalapeño
- Cilantro

These natural components contribute to the authentic taste and nutritional benefits of Wholly Guacamole.

Allergen and Additive Information

Wholly Guacamole is generally free from common allergens such as gluten, dairy, and nuts. It contains no artificial preservatives, colors, or flavors, making it suitable for individuals seeking clean-label options. However, consumers with specific sensitivities should always verify the packaging for the most current allergen statements.

Health Benefits and Dietary Considerations

Wholly Guacamole's nutritional content, as detailed on the label, aligns with numerous health benefits and fits well into various dietary plans.

Heart Health and Weight Management

The high monounsaturated fat content supports cardiovascular health by helping to lower bad cholesterol levels. The fiber content promotes fullness, which may aid in weight management by reducing overeating. The low sugar and minimal saturated fat content contribute to a heart-healthy food choice.

Compatibility with Special Diets

Wholly Guacamole is suitable for many dietary lifestyles, including:

- Vegan and vegetarian diets
- Keto and low-carb diets
- Gluten-free diets
- Paleo diet
- Whole30 and clean eating

Its natural ingredients and nutrient profile make it a versatile option for health-conscious consumers.

Serving Size and Usage Recommendations

The wholly guacamole nutrition label emphasizes the importance of serving size to maintain appropriate nutrient intake while enjoying the product.

Recommended Serving Size

A standard serving size is approximately 2 ounces or two tablespoons. This portion size provides a balanced amount of calories and nutrients without excess intake. Consumers can adjust serving sizes according to their dietary requirements and preferences.

Usage Suggestions

Wholly Guacamole can be used in various culinary applications, such as:

- A dip for vegetables, chips, or crackers
- A spread on sandwiches and wraps
- An ingredient in salads and bowls
- A topping for grilled meats and seafood

Incorporating Wholly Guacamole into meals enhances flavor while contributing beneficial nutrients as outlined on the nutrition label.

Frequently Asked Questions

What are the main ingredients listed on the Wholly Guacamole nutrition label?

The main ingredients typically include Hass avocados, sea salt, lime juice, and sometimes cilantro and jalapeño, depending on the variety.

How many calories are in a serving of Wholly

Guacamole?

A standard serving size of Wholly Guacamole, usually 2 tablespoons (30g), contains approximately 70 to 80 calories.

What is the serving size indicated on the Wholly Guacamole nutrition label?

The serving size on the Wholly Guacamole nutrition label is generally 2 tablespoons, which is about 30 grams.

How much fat is in one serving of Wholly Guacamole according to the nutrition label?

One serving of Wholly Guacamole contains around 6 to 7 grams of fat, most of which are healthy monounsaturated fats from avocados.

Does the Wholly Guacamole nutrition label show any cholesterol or trans fat content?

No, Wholly Guacamole contains 0 mg of cholesterol and 0 grams of trans fat per serving, making it a heart-healthy option.

What vitamins and minerals are highlighted on the Wholly Guacamole nutrition label?

The label often highlights that Wholly Guacamole is a good source of potassium, vitamin C, and sometimes vitamin E and folate due to the avocado content.

How much sodium is typically found in a serving of Wholly Guacamole?

A serving of Wholly Guacamole usually contains around 110 to 140 milligrams of sodium, depending on the specific product variety.

Is Wholly Guacamole gluten-free according to its nutrition label?

Yes, Wholly Guacamole is naturally gluten-free, and this is often indicated on the packaging or nutrition label.

Are there any added sugars listed on the Wholly Guacamole nutrition label?

No, Wholly Guacamole typically contains 0 grams of added sugars; the only

sugars present come naturally from the avocado and other fresh ingredients.

Additional Resources

1. *The Nutrition Facts Behind Wholly Guacamole: A Comprehensive Guide*

This book delves into the detailed nutrition label of Wholly Guacamole, breaking down each ingredient and its health benefits. It offers insights into calories, fats, fiber, and vitamins found in this popular avocado-based dip. Readers will gain a deeper understanding of how Wholly Guacamole fits into a balanced diet and how to make informed dietary choices.

2. *Guacamole Goodness: Understanding Nutrition Labels for Better Health*

Focusing on guacamole products like Wholly Guacamole, this book teaches readers how to read and interpret nutrition labels effectively. It explains common terms such as serving size, saturated fats, and sodium content. The guide aims to empower consumers to select healthier options and appreciate the nutritional value of avocados.

3. *Avocado Nutrition and Wholly Guacamole: A Healthy Snack Breakdown*

This title explores the nutritional components of avocados and how they contribute to the quality of Wholly Guacamole. It covers essential nutrients like monounsaturated fats, fiber, and antioxidants. The book also suggests delicious ways to incorporate guacamole into a nutritious diet.

4. *Decoding Wholly Guacamole: Ingredients and Nutritional Impact*

Readers will find an in-depth analysis of the ingredients used in Wholly Guacamole and their effects on health. The book highlights potential allergens, preservatives, and additives, alongside the natural benefits of avocado. It serves as a resource for those concerned about food transparency and nutrition.

5. *Smart Snacking with Wholly Guacamole: Nutritional Insights*

This book is designed for snack enthusiasts who want to maintain a healthy lifestyle. It evaluates the nutritional profile of Wholly Guacamole in the context of common snacking habits. Readers learn how to balance indulgence with nutrition and discover complementary foods to pair with guacamole.

6. *Wholly Guacamole and Heart Health: Understanding Nutritional Labels*

Focusing on cardiovascular benefits, this book investigates how the nutrients in Wholly Guacamole support heart health. It explains the roles of healthy fats, potassium, and fiber found in the product. The guide also offers tips for incorporating guacamole into a heart-friendly diet.

7. *The Science of Guacamole: Nutrition Label Analysis for Health-Conscious Consumers*

This scientific approach breaks down the nutritional data of Wholly Guacamole, using research to explain its health implications. It covers macronutrients, micronutrients, and caloric content in detail. The book is ideal for readers interested in the biochemical aspects of food nutrition.

8. *From Avocado to Label: The Nutritional Journey of Wholly Guacamole*

Tracing the path from raw avocado to packaged guacamole, this book explores how nutritional values are preserved or altered. It discusses manufacturing processes, ingredient sourcing, and labeling regulations. Readers gain appreciation for the complexity behind the nutrition label.

9. *Healthy Eating Made Easy: Incorporating Wholly Guacamole into Your Diet*

This practical guide offers meal plans and recipes centered around Wholly Guacamole, emphasizing its nutritional benefits. It helps readers integrate this tasty dip into daily meals without compromising health goals. The book also educates on portion control and label reading for mindful eating.

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