



From the makers of the condiment sensation, Sauer Frau Squeezable Sauerkraut, comes an **intensely fresh take on guacamole**. Grouchy Gaucho squeezable guac elevates on-the-go, good-for-you-snacking with fresh avocados (a leading superfood) and three amazing flavors: Original, Zesty, and Guacamayo. **We used an all-natural citrus-based preservative to achieve our shelf stability**, so unlike most guac, Grouchy Gaucho will last for up to 45 days in the refrigerator after opening. **Perfect for nachos, squeeze it on tacos, take it to the tailgate, and be the hit of the party!**

- **Intensely fresh**
- **Real avocado**
- **Shelf-stable**
- **NON-GMO**
- **Gluten-Free**
- **Guacamayo uses mayo made with yogurt, making it a fermented product!**
- **Vegan (Original & Zesty)**
- **0 net carbs (1 net carb on Guacamayo)**
- **No sugar added**
- **Made in the USA**



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Nutrition Facts	
11 servings per container	
Serving size 2 tablespoons (31g)	
Amount Per Serving	
Calories	45
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 2g	1%
Dietary Fiber 2g	7%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.3mg	2%
Potassium 0mg	0%

*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, HOT TOMATOES (TOMATOES, WATER, CHOPPED GREEN CHILI PEPPERS, SALT, CALCIUM CHLORIDE, CITRIC ACID, SPICE, NATURAL FLAVOR), HOT BANANA PEPPERS (BANANA PEPPERS, WATER, VINEGAR, SALT, CALCIUM CHLORIDE, TURMERIC, ASCORBIC ACID, BETA-CAROTENE, NATURAL FLAVOR, ROSEMARY EXTRACT), LESS THAN 2%: PICKLED JALAPENOS (JALAPENO PEPPERS, WATER, VINEGAR, SALT, CALCIUM CHLORIDE, TURMERIC), LIME JUICE, CILANTRO, SALT, GARLIC, ONION, BLACK PEPPER.



Nutrition Facts	
11 servings per container	
Serving size 2 tablespoons (31g)	
Amount Per Serving	
Calories	45
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 2g	1%
Dietary Fiber 2g	7%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.3mg	2%
Potassium 0mg	0%

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INGREDIENTS: AVOCADO, HOT TOMATOES (TOMATOES, WATER, CHOPPED GREEN CHILI PEPPERS, SALT, CALCIUM CHLORIDE, CITRIC ACID, SPICE, NATURAL FLAVOR), HOT BANANA PEPPERS (BANANA PEPPERS, WATER, VINEGAR, SALT, CALCIUM CHLORIDE, TURMERIC, ASCORBIC ACID, BETA-CAROTENE, NATURAL FLAVOR, ROSEMARY EXTRACT), LESS THAN 2%: PICKLED JALAPENOS (JALAPENO PEPPERS, WATER, VINEGAR, SALT, CALCIUM CHLORIDE, TURMERIC), LIME JUICE, CILANTRO, SALT, GARLIC, ONION, BLACK PEPPER.



Nutrition Facts	
11 servings per container	
Serving size 2 tablespoons (31g)	
Amount Per Serving	
Calories	35
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.2mg	2%
Potassium 10mg	0%

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INGREDIENTS: AVOCADO, GREEK YOGURT (PASTEURIZED MILK, CREAM, WHEY PROTEIN CONCENTRATE, MILK PROTEIN CONCENTRATE, LIVE ACTIVE YOGURT CULTURES (ACIDOPHILUS, BIFIDUS, L. BULGARICUS, S. THERMOPHILUS), VITAMINS A, C, D, E), HOT TOMATOES (TOMATOES, WATER, CHOPPED GREEN CHILI PEPPERS, SALT, CALCIUM CHLORIDE, CITRIC ACID, SPICE, NATURAL FLAVOR), HOT BANANA PEPPERS (BANANA PEPPERS, WATER, VINEGAR, SALT, CALCIUM CHLORIDE, TURMERIC, ASCORBIC ACID, BETA-CAROTENE, NATURAL FLAVOR, ROSEMARY EXTRACT), LESS THAN 2%: PICKLED JALAPENOS (JALAPENO PEPPERS, WATER, VINEGAR, SALT, CALCIUM CHLORIDE, TURMERIC), LIME JUICE, CILANTRO, SALT, GARLIC, ONION, BLACK PEPPER.

