

Basic Report 04581, Oil, avocado

Report Date: September 17, 2019 06:37 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 tbsp 14g | 1 cup 218g | 1 tsp 4.5g |
|--------------------------------|------|------------------------|---------------|---------------|---------------|
| Proximates | | | | | |
| Water | g | 0.00 | 0.00 | 0.00 | 0.00 |
| Energy | kcal | 884 | 124 | 1927 | 40 |
| Protein | g | 0.00 | 0.00 | 0.00 | 0.00 |
| Total lipid (fat) | g | 100.00 | 14.00 | 218.00 | 4.50 |
| Carbohydrate, by difference | g | 0.00 | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary | g | 0.0 | 0.0 | 0.0 | 0.0 |
| Minerals | | | | | |
| Calcium, Ca | mg | 0 | 0 | 0 | 0 |
| Iron, Fe | mg | 0.00 | 0.00 | 0.00 | 0.00 |
| Magnesium, Mg | mg | 0 | 0 | 0 | 0 |
| Phosphorus, P | mg | 0 | 0 | 0 | 0 |
| Potassium, K | mg | 0 | 0 | 0 | 0 |
| Sodium, Na | mg | 0 | 0 | 0 | 0 |
| Zinc, Zn | mg | 0.00 | 0.00 | 0.00 | 0.00 |
| Vitamins | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | 0.0 | 0.0 | 0.0 |
| Thiamin | mg | 0.000 | 0.000 | 0.000 | 0.000 |
| Riboflavin | mg | 0.000 | 0.000 | 0.000 | 0.000 |
| Niacin | mg | 0.000 | 0.000 | 0.000 | 0.000 |
| Vitamin B-6 | mg | 0.000 | 0.000 | 0.000 | 0.000 |
| Folate, DFE | µg | 0 | 0 | 0 | 0 |
| Vitamin B-12 | µg | 0.00 | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 0 | 0 | 0 | 0 |
| Vitamin A, IU | IU | 0 | 0 | 0 | 0 |
| Lipids | | | | | |
| Fatty acids, total saturated | g | 11.560 | 1.618 | 25.201 | 0.520 |

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|------------------------------------|-------------|---------------------------------|-----------------------|-----------------------|-----------------------|
| Fatty acids, total monounsaturated | g | 70.554 | 9.878 | 153.808 | 3.175 |
| Fatty acids, total polyunsaturated | g | 13.486 | 1.888 | 29.399 | 0.607 |

Amino Acids

Other