

**Basic Report 09037, Avocados, raw, all commercial varieties [a](#)**
**Report Date: June 24, 2019 05:52 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, cubes 150g	1 cup, pureed 230g	1 cup, sliced 146g	1 avocado, NS as to Florida or California 201g	1 NLEA Serving 50g
<b>Proximates</b>							
Water	g	73.23	109.84	168.43	106.92	147.19	36.62
Energy	kcal	160	240	368	234	322	80
Protein	g	2.00	3.00	4.60	2.92	4.02	1.00
Total lipid (fat)	g	14.66	21.99	33.72	21.40	29.47	7.33
Carbohydrate, by difference	g	8.53	12.79	19.62	12.45	17.15	4.26
Fiber, total dietary	g	6.7	10.1	15.4	9.8	13.5	3.4
Sugars, total	g	0.66	0.99	1.52	0.96	1.33	0.33
<b>Minerals</b>							
Calcium, Ca	mg	12	18	28	18	24	6
Iron, Fe	mg	0.55	0.82	1.27	0.80	1.11	0.28
Magnesium, Mg	mg	29	44	67	42	58	14
Phosphorus, P	mg	52	78	120	76	105	26
Potassium, K	mg	485	728	1116	708	975	242
Sodium, Na	mg	7	10	16	10	14	4
Zinc, Zn	mg	0.64	0.96	1.47	0.93	1.29	0.32
<b>Vitamins</b>							
Vitamin C, total ascorbic acid	mg	10.0	15.0	23.0	14.6	20.1	5.0
Thiamin	mg	0.067	0.101	0.154	0.098	0.135	0.034
Riboflavin	mg	0.130	0.195	0.299	0.190	0.261	0.065
Niacin	mg	1.738	2.607	3.997	2.537	3.493	0.869
Vitamin B-6	mg	0.257	0.386	0.591	0.375	0.517	0.129
Folate, DFE	µg	81	122	186	118	163	40
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	7	10	16	10	14	4
Vitamin A, IU	IU	146	219	336	213	293	73

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Vitamin E (alpha-tocopherol)	mg	2.07	3.10	4.76	3.02	4.16	1.03
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	21.0	31.5	48.3	30.7	42.2	10.5
<b>Lipids</b>							
Fatty acids, total saturated	g	2.126	3.189	4.890	3.104	4.273	1.063
Fatty acids, total monounsaturated	g	9.799	14.698	22.538	14.307	19.696	4.899
Fatty acids, total polyunsaturated	g	1.816	2.724	4.177	2.651	3.650	0.908
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0	0
<b>Amino Acids</b>							
<b>Other</b>							
Caffeine	mg	0	0	0	0	0	0

**Footnotes**

<sup>a</sup> Based on 86% California and 14% Florida varieties.