

Full Report (All Nutrients) 09037, Avocados, raw, all commercial varieties [a](#)

Report Date: September 19, 2019 15:15 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Refuse:26% Refuse Description: Seed and skin

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	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
Proximates									
Water 1 2 3 4 5 6 7 8	g	73.23	40	1.890	109.84	168.43	106.92	147.19	36.62
Energy	kcal	160	--	--	240	368	234	322	80
Energy	kJ	670	--	--	1005	1541	978	1347	335
Protein 1 2 3 4 5	g	2.00	34	0.130	3.00	4.60	2.92	4.02	1.00
Total lipid (fat) 1 2 3 4 5 6	g	14.66	35	0.540	21.99	33.72	21.40	29.47	7.33
Ash 1 2 3 4 5	g	1.58	34	0.110	2.37	3.63	2.31	3.18	0.79
Carbohydrate, by difference	g	8.53	--	--	12.79	19.62	12.45	17.15	4.26
Fiber, total dietary 1 2 3 4 5 7 8 9	g	6.7	27	0.800	10.1	15.4	9.8	13.5	3.4
Sugars, total 2 4 5 7	g	0.66	12	0.010	0.99	1.52	0.96	1.33	0.33
Sucrose 4 5 7	g	0.06	10	0.030	0.09	0.14	0.09	0.12	0.03
Glucose (dextrose) 4 5 7	g	0.37	10	0.030	0.56	0.85	0.54	0.74	0.18
Fructose 4 5 7	g	0.12	10	0.010	0.18	0.28	0.18	0.24	0.06
Lactose 4 5 7	g	0.00	10	0.000	0.00	0.00	0.00	0.00	0.00
Maltose 4 5 7	g	0.00	10	0.000	0.00	0.00	0.00	0.00	0.00
Galactose 4 5	g	0.10	8	0.010	0.15	0.23	0.15	0.20	0.05
Starch 4 5	g	0.11	4	0.000	0.17	0.25	0.16	0.22	0.06
Minerals									
Calcium, Ca 1 2 3 4 5 10	mg	12	29	0.000	18	28	18	24	6
Iron, Fe 1 2 3 4 5 10	mg	0.55	29	0.100	0.82	1.27	0.80	1.11	0.28
Magnesium, Mg 1 3 4 5 10	mg	29	17	1.000	44	67	42	58	14

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Phosphorus, P 1 3 4 5	mg	52	16	1.000	78	120	76	105	26
Potassium, K 1 2 3 4 5 10	mg	485	29	31.000	728	1116	708	975	242
Sodium, Na 1 2 3 4 10	mg	7	23	1.000	10	16	10	14	4
Zinc, Zn 1 3 4 5 10	mg	0.64	17	0.020	0.96	1.47	0.93	1.29	0.32
Copper, Cu 1 3 4 5 10	mg	0.190	17	0.039	0.285	0.437	0.277	0.382	0.095
Manganese, Mn 1 3 4 5 10	mg	0.142	17	0.007	0.213	0.327	0.207	0.285	0.071
Selenium, Se 4 5	µg	0.4	5	0.068	0.6	0.9	0.6	0.8	0.2
Fluoride, F 11	µg	7.0	9	--	10.5	16.1	10.2	14.1	3.5
Vitamins									
Vitamin C, total ascorbic acid 1 2 3	mg	10.0	20	0.500	15.0	23.0	14.6	20.1	5.0
Thiamin 1 3 4 5	mg	0.067	16	0.002	0.101	0.154	0.098	0.135	0.034
Riboflavin 1 3 4 5	mg	0.130	16	0.008	0.195	0.299	0.190	0.261	0.065
Niacin 1 3 4 5	mg	1.738	16	0.081	2.607	3.997	2.537	3.493	0.869
Pantothenic acid 1 3 4 5	mg	1.389	16	0.301	2.083	3.195	2.028	2.792	0.695
Vitamin B-6 1 3 4 5	mg	0.257	15	0.046	0.386	0.591	0.375	0.517	0.129
Folate, total 1 2 3 4	µg	81	24	10.000	122	186	118	163	40
Folic acid	µg	0	--	--	0	0	0	0	0
Folate, food	µg	81	24	10.000	122	186	118	163	40
Folate, DFE	µg	81	--	--	122	186	118	163	40
Choline, total 4 5	mg	14.2	--	--	21.3	32.7	20.7	28.5	7.1
Betaine 4 5	mg	0.7	2	--	1.1	1.6	1.0	1.4	0.3
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE 2 3 4 5 12	µg	7	--	--	10	16	10	14	4
Retinol	µg	0	--	--	0	0	0	0	0
Carotene, beta 1 2 3 4 5 12	µg	62	33	7.000	93	143	91	125	31
Carotene, alpha 1 2 3 4 5 12	µg	24	31	11.000	36	55	35	48	12
Cryptoxanthin, beta 2 3 4 5 12	µg	28	29	16.000	42	64	41	56	14
Vitamin A, IU 1 2 3 4 5 12	IU	146	--	--	219	336	213	293	73
Lycopene 4 5	µg	0	7	0.000	0	0	0	0	0
Lutein + zeaxanthin 2 4 5	µg	271	16	16.000	406	623	396	545	136
Vitamin E (alpha-tocopherol) 1 2 4 5 6	mg	2.07	23	0.210	3.10	4.76	3.02	4.16	1.03

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Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Tocopherol, beta 4 5 6	mg	0.05	10	0.009	0.07	0.12	0.07	0.10	0.03
Tocopherol, gamma 2 4 5 6	mg	0.33	19	0.110	0.49	0.76	0.48	0.66	0.17
Tocopherol, delta 4 5 6	mg	0.02	10	0.004	0.03	0.05	0.03	0.04	0.01
Tocotrienol, alpha 4 5 6	mg	0.01	8	0.010	0.01	0.02	0.01	0.02	0.01
Tocotrienol, beta 4 5 6	mg	0.00	8	0.000	0.00	0.00	0.00	0.00	0.00
Tocotrienol, gamma 4 5 6	mg	0.00	8	0.000	0.00	0.00	0.00	0.00	0.00
Tocotrienol, delta 4 5 6	mg	0.00	7	0.000	0.00	0.00	0.00	0.00	0.00
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) 4 5	µg	21.0	8	0.700	31.5	48.3	30.7	42.2	10.5
Lipids									
Fatty acids, total saturated	g	2.126	--	--	3.189	4.890	3.104	4.273	1.063
4:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
8:0 4 5	g	0.001	7	0.001	0.002	0.002	0.001	0.002	0.000
10:0 4 5	g	0.000	8	0.000	0.000	0.000	0.000	0.000	0.000
12:0 4 5	g	0.000	8	0.000	0.000	0.000	0.000	0.000	0.000
14:0 4 5	g	0.000	8	0.000	0.000	0.000	0.000	0.000	0.000
15:0 4 5	g	0.000	8	0.000	0.000	0.000	0.000	0.000	0.000
16:0 4 5	g	2.075	8	0.104	3.112	4.773	3.030	4.171	1.038
17:0 4 5	g	0.000	8	0.000	0.000	0.000	0.000	0.000	0.000
18:0 4 5	g	0.049	8	0.005	0.074	0.113	0.072	0.098	0.025
20:0 4 5	g	0.000	8	0.000	0.000	0.000	0.000	0.000	0.000
22:0 4 5	g	0.000	8	0.000	0.000	0.000	0.000	0.000	0.000
24:0 5	g	0.000	4	0.000	0.000	0.000	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	9.799	--	--	14.698	22.538	14.307	19.696	4.899
14:1 4 5	g	0.000	8	0.000	0.000	0.000	0.000	0.000	0.000
15:1 4 5	g	0.000	8	0.000	0.000	0.000	0.000	0.000	0.000
16:1 undifferentiated 4 5	g	0.698	8	0.039	1.047	1.605	1.019	1.403	0.349
17:1 4 5	g	0.010	8	0.001	0.015	0.023	0.015	0.020	0.005
18:1 undifferentiated 4 5	g	9.066	8	0.474	13.599	20.852	13.236	18.223	4.533

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20:1 4 5	g	0.025	8	0.002	0.037	0.058	0.037	0.050	0.013
22:1 undifferentiated 5	g	0.000	4	0.000	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	1.816	--	--	2.724	4.177	2.651	3.650	0.908
18:2 undifferentiated 4 5	g	1.674	8	0.063	2.511	3.850	2.444	3.365	0.837
18:3 undifferentiated	g	0.125	--	--	0.188	0.287	0.182	0.251	0.062
18:3 n-3 c,c,c (ALA) 4	g	0.111	4	0.007	0.166	0.255	0.162	0.223	0.056
18:3 n-6 c,c,c 4	g	0.015	4	0.000	0.022	0.034	0.022	0.030	0.007
18:4 5	g	0.000	4	0.000	0.000	0.000	0.000	0.000	0.000
20:2 n-6 c,c 4 5	g	0.000	8	0.000	0.000	0.000	0.000	0.000	0.000
20:3 undifferentiated 4 5	g	0.016	8	0.002	0.024	0.037	0.023	0.032	0.008
20:4 undifferentiated 4 5	g	0.000	8	0.000	0.000	0.000	0.000	0.000	0.000
20:5 n-3 (EPA) 5	g	0.000	4	0.000	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA) 5	g	0.000	4	0.000	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA) 5	g	0.000	4	0.000	0.000	0.000	0.000	0.000	0.000
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
Stigmasterol 13	mg	2	6	0.000	3	5	3	4	1
Campesterol 13	mg	5	6	0.000	8	12	7	10	2
Beta-sitosterol 13	mg	76	6	5.000	114	175	111	153	38
Amino Acids									
Tryptophan	g	0.025	--	--	0.037	0.058	0.037	0.050	0.013
Threonine	g	0.073	--	--	0.109	0.168	0.107	0.147	0.036
Isoleucine	g	0.084	--	--	0.126	0.193	0.123	0.169	0.042
Leucine	g	0.143	--	--	0.214	0.329	0.209	0.287	0.071
Lysine	g	0.132	--	--	0.198	0.304	0.193	0.265	0.066
Methionine	g	0.038	--	--	0.057	0.087	0.055	0.076	0.019
Cystine	g	0.027	--	--	0.041	0.062	0.039	0.054	0.014
Phenylalanine	g	0.097	--	--	0.146	0.223	0.142	0.195	0.049
Tyrosine	g	0.049	--	--	0.074	0.113	0.072	0.098	0.025
Valine	g	0.107	--	--	0.161	0.246	0.156	0.215	0.053
Arginine	g	0.088	--	--	0.132	0.202	0.128	0.177	0.044
Histidine	g	0.049	--	--	0.074	0.113	0.072	0.098	0.025
Alanine	g	0.109	--	--	0.164	0.251	0.159	0.219	0.054

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Aspartic acid	g	0.236	--	--	0.354	0.543	0.345	0.474	0.118
Glutamic acid	g	0.287	--	--	0.430	0.660	0.419	0.577	0.143
Glycine	g	0.104	--	--	0.156	0.239	0.152	0.209	0.052
Proline	g	0.098	--	--	0.147	0.225	0.143	0.197	0.049
Serine	g	0.114	--	--	0.171	0.262	0.166	0.229	0.057
Other									
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0
Flavonoids									
Anthocyanidins									
Cyanidin 14	mg	0.3	6	0.11	0.5	0.8	0.5	0.7	0.2
Petunidin 14	mg	0.0	6	0	0.0	0.0	0.0	0.0	0.0
Delphinidin 14	mg	0.0	6	0	0.0	0.0	0.0	0.0	0.0
Malvidin 14	mg	0.0	6	0	0.0	0.0	0.0	0.0	0.0
Pelargonidin 14	mg	0.0	6	0	0.0	0.0	0.0	0.0	0.0
Peonidin 14	mg	0.0	6	0	0.0	0.0	0.0	0.0	0.0
Flavan-3-ols									
(+)-Catechin 14 15 16	mg	0.0	14	0	0.0	0.0	0.0	0.0	0.0
(-)-Epigallocatechin 14 15 16	mg	0.0	13	0	0.0	0.0	0.0	0.0	0.0
(-)-Epicatechin 14 15 16	mg	0.4	14	0.07	0.6	0.9	0.5	0.7	0.2
(-)-Epicatechin 3-gallate 14 15 16	mg	0.0	14	0	0.0	0.0	0.0	0.0	0.0
(-)-Epigallocatechin 3-gallate 14 15 16	mg	0.1	14	0.1	0.2	0.3	0.2	0.3	0.1
(+)-Gallocatechin 14 15 16	mg	0.0	14	0	0.0	0.0	0.0	0.0	0.0
Flavanones									
Hesperetin 14	mg	0.0	7	0	0.0	0.0	0.0	0.0	0.0
Naringenin 14	mg	0.0	7	0	0.0	0.0	0.0	0.0	0.0
Flavones									
Apigenin 14 17	mg	0.0	7	0	0.0	0.0	0.0	0.0	0.0
Luteolin 14 17	mg	0.0	7	0	0.0	0.0	0.0	0.0	0.0
Flavonols									
Kaempferol 17	mg	0.0	1	--	0.0	0.0	0.0	0.0	0.0
Myricetin 14 17	mg	0.0	7	0	0.0	0.0	0.0	0.0	0.0

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Quercetin 14 17	mg	0.0	7	0	0.0	0.0	0.0	0.0	0.0
Isoflavones									
Daidzein 21 22	mg	0.00	2	--	0.00	0.00	0.00	0.00	0.00
Genistein 21 22	mg	0.00	2	--	0.00	0.00	0.00	0.00	0.00
Total isoflavones 21 22	mg	0.00	2	--	0.00	0.00	0.00	0.00	0.00
Proanthocyanidin									
Proanthocyanidin dimers 18 19 20	mg	1.2	12	0.87	1.8	2.7	1.7	2.4	0.6
Proanthocyanidin trimers 18 19 20	mg	1.1	12	0.79	1.7	2.6	1.6	2.3	0.6
Proanthocyanidin 4-6mers 19 20	mg	3.4	9	2.01	5.0	7.7	4.9	6.7	1.7
Proanthocyanidin 7-10mers 19 20	mg	0.5	9	0.7	0.8	1.2	0.8	1.0	0.3
Proanthocyanidin polymers (>10mers) 19 20	mg	0.0	9	0	0.0	0.0	0.0	0.0	0.0

Sources of Data

- ¹Produce Marketing Association (PMA) Nutrient Content of Avocado, 1989
- ²California Avocado Commission California Avocado Commission data for avocados 1993-2001, 1993
- ³University of Georgia, KC Institute GA0001 Nutrient Analysis of Specialty Fruit Marketed in the United States, 1987
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Footnotes

^a Based on 86% California and 14% Florida varieties.

Languag Code(s)

- A0152 VEGETABLE OR VEGETABLE PRODUCT (US CFR)
- A1279 0900 FRUITS AND FRUIT JUICES (USDA SR)
- B1470 AVOCADO
- C0229 FRUIT, PEEL REMOVED, CORE, PIT OR SEED REMOVED
- E0150 WHOLE, NATURAL SHAPE
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0003 NO TREATMENT APPLIED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION