

Statistics Report 09037, Avocados, raw, all commercial varieties [a](#)

Report Date: July 21, 2019 15:12 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1 2 3 4 5 6 7 8	g	73.23	40	1.890	64.4	83.8	6.0	68.65	77.8	8	Analytical or derived from analytical	--	03/2003
Energy	kcal	160	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2010
Energy	kJ	670	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2010
Protein 1 2 3 4 5	g	2.00	34	0.130	1.53	3	3.0	1.56	2.42	5	Analytical or derived from analytical	--	03/2003
Total lipid (fat) 1 2 3 4 5 6	g	14.66	35	0.540	8.4	23.2	4.0	13.15	16.16	6	Analytical or derived from analytical	--	03/2003
Ash 1 2 3 4 5	g	1.58	34	0.110	0.82	2.8	3.0	1.2	1.95	5	Analytical or derived from analytical	--	03/2003
Carbohydrate, by difference	g	8.53	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2010
Fiber, total dietary 1 2 3 4 5 7 8 9	g	6.7	27	0.800	3.2	12.7	6.0	4.5	8.8	8	Analytical or derived from analytical	--	03/2003
Sugars, total 2 4 5 7	g	0.66	12	0.010	0	2.42	2.0	0.58	0.73	4	Analytical or derived from analytical	--	03/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 4 5 7	g	0.06	10	0.030	0	0.15	2.0	-0.09	0.22	3	Analytical or derived from analytical	--	08/2010
Glucose (dextrose) 4 5 7	g	0.37	10	0.030	0.06	2.17	2.0	0.26	0.52	3	Analytical or derived from analytical	--	08/2010
Fructose 4 5 7	g	0.12	10	0.010	0.07	0.25	2.0	0.06	0.2	3	Analytical or derived from analytical	--	08/2010
Lactose 4 5 7	g	0.00	10	0.000	0	0	--	--	--	3	Analytical or derived from analytical	--	07/2008
Maltose 4 5 7	g	0.00	10	0.000	0	0	--	--	--	3	Analytical or derived from analytical	--	07/2008
Galactose 4 5	g	0.10	8	0.010	0	0.3	3.0	0.06	0.15	2	Analytical or derived from analytical	--	08/2010
Starch 4 5	g	0.11	4	0.000	0.05	0.17	--	--	--	2	Analytical or derived from analytical	--	03/2003
Minerals													
Calcium, Ca 1 2 3 4 5 10	mg	12	29	0.000	8	19	3.0	10.0	14.0	6	Analytical or derived from analytical	--	03/2003
Iron, Fe 1 2 3 4 5 10	mg	0.55	29	0.100	0.14	1.06	3.0	0.21	0.88	6	Analytical or derived from analytical	--	03/2003
Magnesium, Mg 1 3 4 5 10	mg	29	17	1.000	17	34	2.0	22.0	34.0	5	Analytical or derived from analytical	--	03/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P 1 3 4 5	mg	52	16	1.000	30	70	2.0	45.0	59.0	4	Analytical or derived from analytical	--	03/2003
Potassium, K 1 2 3 4 5 10	mg	485	29	31.000	219	691	4.0	394.0	575.0	6	Analytical or derived from analytical	--	03/2003
Sodium, Na 1 2 3 4 10	mg	7	23	1.000	1	17	2.0	1.0	11.0	5	Analytical or derived from analytical	--	03/2003
Zinc, Zn 1 3 4 5 10	mg	0.64	17	0.020	0.35	0.83	2.0	0.51	0.76	5	Analytical or derived from analytical	--	03/2003
Copper, Cu 1 3 4 5 10	mg	0.190	17	0.039	0.09	0.38	2.0	0.033	0.348	5	Analytical or derived from analytical	--	03/2003
Manganese, Mn 1 3 4 5 10	mg	0.142	17	0.007	0.07	0.19	2.0	0.116	0.167	5	Analytical or derived from analytical	--	03/2003
Selenium, Se 4 5	µg	0.4	5	0.068	0.2	0.6	3.0	0.1	0.6	2	Analytical or derived from analytical	--	03/2003
Fluoride, F 11	µg	7.0	9	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2006
Vitamins													
Vitamin C, total ascorbic acid 1 2 3	mg	10.0	20	0.500	6.3	24.1	1.0	3.5	16.4	3	Analytical or derived from analytical	--	03/2003
Thiamin 1 3 4 5	mg	0.067	16	0.002	0.01	0.1	2.0	0.056	0.078	4	Analytical or derived from analytical	--	03/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Riboflavin 1 3 4 5	mg	0.130	16	0.008	0.04	0.18	2.0	0.094	0.167	4	Analytical or derived from analytical	--	03/2003
Niacin 1 3 4 5	mg	1.738	16	0.081	0.36	2.51	2.0	1.391	2.085	4	Analytical or derived from analytical	--	03/2003
Pantothenic acid 1 3 4 5	mg	1.389	16	0.301	0.61	2.71	2.0	0.093	2.685	4	Analytical or derived from analytical	--	03/2003
Vitamin B-6 1 3 4 5	mg	0.257	15	0.046	0.07	0.45	2.0	0.058	0.456	4	Analytical or derived from analytical	--	03/2003
Folate, total 1 2 3 4	µg	81	24	10.000	14	155	2.0	36.0	125.0	4	Analytical or derived from analytical	--	05/2004
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	81	24	10.000	14	155	2.0	36.0	125.0	4	Analytical or derived from analytical	--	08/2010
Folate, DFE	µg	81	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2010
Choline, total 4 5	mg	14.2	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/2006
Betaine 4 5	mg	0.7	2	--	0.6	0.7	--	--	--	2	Analytical or derived from analytical	--	12/2006
Vitamin B-12	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE 2 3 4 5 12	µg	7	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2003
Retinol	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta 1 2 3 4 5 12	µg	62	33	7.000	32	140	4.0	40.0	83.0	6	Analytical or derived from analytical	--	03/2003
Carotene, alpha 1 2 3 4 5 12	µg	24	31	11.000	0	100	4.0	-7.0	56.0	6	Analytical or derived from analytical	--	03/2003
Cryptoxanthin, beta 2 3 4 5 12	µg	28	29	16.000	0	120	3.0	-25.0	81.0	5	Analytical or derived from analytical	--	03/2003
Vitamin A, IU 1 2 3 4 5 12	IU	146	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2003
Lycopene 4 5	µg	0	7	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	03/2003
Lutein + zeaxanthin 2 4 5	µg	271	16	16.000	170	379	2.0	199.0	342.0	3	Analytical or derived from analytical	--	03/2003
Vitamin E (alpha-tocopherol) 1 2 4 5 6	mg	2.07	23	0.210	0.66	3.28	4.0	1.47	2.66	5	Analytical or derived from analytical	--	03/2003
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta 4 5 6	mg	0.05	10	0.009	0.02	0.08	2.0	0.007	0.08	3	Analytical or derived from analytical	--	03/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, gamma 2 4 5 6	mg	0.33	19	0.110	0.09	0.75	3.0	-0.03	0.69	4	Analytical or derived from analytical	--	03/2003
Tocopherol, delta 4 5 6	mg	0.02	10	0.004	0	0.03	2.0	--	0.03	3	Analytical or derived from analytical	--	03/2003
Tocotrienol, alpha 4 5 6	mg	0.01	8	0.010	0	0.04	2.0	-0.03	0.06	3	Analytical or derived from analytical	--	03/2003
Tocotrienol, beta 4 5 6	mg	0.00	8	0.000	0	0	--	--	--	3	Analytical or derived from analytical	--	03/2003
Tocotrienol, gamma 4 5 6	mg	0.00	8	0.000	0	0	--	--	--	3	Analytical or derived from analytical	--	03/2003
Tocotrienol, delta 4 5 6	mg	0.00	7	0.000	0	0	--	--	--	3	Analytical or derived from analytical	--	03/2003
Vitamin D (D2 + D3)	µg	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) 4 5	µg	21.0	8	0.700	15.7	27	5.0	19.0	22.9	2	Analytical or derived from analytical	--	03/2003
Lipids													
Fatty acids, total saturated	g	2.126	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2010
4:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
6:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0 4.5	g	0.001	7	0.001	0	0.01	2.0	-0.003	0.006	2	Analytical or derived from analytical	--	03/2003
10:0 4.5	g	0.000	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	03/2003
12:0 4.5	g	0.000	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	03/2003
14:0 4.5	g	0.000	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	03/2003
15:0 4.5	g	0.000	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	03/2003
16:0 4.5	g	2.075	8	0.104	1.73	2.54	6.0	1.82	2.33	2	Analytical or derived from analytical	--	03/2003
17:0 4.5	g	0.000	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	03/2003
18:0 4.5	g	0.049	8	0.005	0.01	0.08	5.0	0.037	0.062	2	Analytical or derived from analytical	--	03/2003
20:0 4.5	g	0.000	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	03/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:0 4 5	g	0.000	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	03/2003
24:0 5	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2003
Fatty acids, total monounsaturated	g	9.799	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2010
14:1 4 5	g	0.000	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	03/2003
15:1 4 5	g	0.000	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	03/2003
16:1 undifferentiated 4 5	g	0.698	8	0.039	0.5	0.88	5.0	0.6	0.797	2	Analytical or derived from analytical	--	03/2003
17:1 4 5	g	0.010	8	0.001	0	0.02	3.0	0.005	0.015	2	Analytical or derived from analytical	--	03/2003
18:1 undifferentiated 4 5	g	9.066	8	0.474	7.44	10.89	6.0	7.901	10.23	2	Analytical or derived from analytical	--	03/2003
20:1 4 5	g	0.025	8	0.002	0.02	0.03	6.0	0.021	0.029	2	Analytical or derived from analytical	--	03/2003
22:1 undifferentiated 5	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2003
Fatty acids, total polyunsaturated	g	1.816	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 undifferentiated 4 5	g	1.674	8	0.063	1.44	1.97	4.0	1.49	1.859	2	Analytical or derived from analytical	--	03/2003
18:3 undifferentiated	g	0.125	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/2010
18:3 n-3 c,c,c (ALA) 4	g	0.111	4	0.007	0.1	0.13	3.0	0.089	0.132	1	Analytical or derived from analytical	--	03/2003
18:3 n-6 c,c,c 4	g	0.015	4	0.000	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	03/2003
18:4 5	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2003
20:2 n-6 c,c 4 5	g	0.000	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	03/2003
20:3 undifferentiated 4 5	g	0.016	8	0.002	0	0.04	3.0	0.009	0.024	2	Analytical or derived from analytical	--	03/2003
20:4 undifferentiated 4 5	g	0.000	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	03/2003
20:5 n-3 (EPA) 5	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2003
22:5 n-3 (DPA) 5	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:6 n-3 (DHA) 5	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2003
Fatty acids, total trans	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	01/2017
Cholesterol	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	08/1982
Stigmasterol 13	mg	2	6	0.000	2	2	5.0	1.0	1.0	1	Analytical or derived from analytical	--	03/2003
Campesterol 13	mg	5	6	0.000	5	6	5.0	4.0	5.0	1	Analytical or derived from analytical	--	03/2003
Beta-sitosterol 13	mg	76	6	5.000	62	98	5.0	62.0	90.0	1	Analytical or derived from analytical	--	03/2003
Amino Acids													
Tryptophan	g	0.025	--	--	0	0	--	--	--	--	Calculated or imputed	09038	06/2003
Threonine	g	0.073	--	--	0	0	--	--	--	--	Calculated or imputed	09038	06/2003
Isoleucine	g	0.084	--	--	0	0	--	--	--	--	Calculated or imputed	09038	06/2003
Leucine	g	0.143	--	--	0	0	--	--	--	--	Calculated or imputed	09038	06/2003
Lysine	g	0.132	--	--	0	0	--	--	--	--	Calculated or imputed	09038	06/2003
Methionine	g	0.038	--	--	0	0	--	--	--	--	Calculated or imputed	09038	06/2003
Cystine	g	0.027	--	--	0	0	--	--	--	--	Calculated or imputed	09038	06/2003
Phenylalanine	g	0.097	--	--	0	0	--	--	--	--	Calculated or imputed	09038	08/2010
Tyrosine	g	0.049	--	--	0	0	--	--	--	--	Calculated or imputed	09038	06/2003

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Valine	g	0.107	--	--	0	0	--	--	--	--	Calculated or imputed	09038	06/2003
Arginine	g	0.088	--	--	0	0	--	--	--	--	Calculated or imputed	09038	06/2003
Histidine	g	0.049	--	--	0	0	--	--	--	--	Calculated or imputed	09038	06/2003
Alanine	g	0.109	--	--	0	0	--	--	--	--	Calculated or imputed	09038	06/2003
Aspartic acid	g	0.236	--	--	0	0	--	--	--	--	Calculated or imputed	09038	06/2003
Glutamic acid	g	0.287	--	--	0	0	--	--	--	--	Calculated or imputed	09038	06/2003
Glycine	g	0.104	--	--	0	0	--	--	--	--	Calculated or imputed	09038	06/2003
Proline	g	0.098	--	--	0	0	--	--	--	--	Calculated or imputed	09038	06/2003
Serine	g	0.114	--	--	0	0	--	--	--	--	Calculated or imputed	09038	06/2003
Other													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	03/2003
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	03/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Flavonoids													
Anthocyanidins													
Cyanidin 14	mg	0.3	--	0.11	0	0.58	--	--	--	--	--	--	--
Petunidin 14	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Delphinidin 14	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Malvidin 14	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Pelargonidin 14	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Peonidin 14	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavan-3-ols													
(+)-Catechin 14 15 16	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 14 15 16	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin 14 15 16	mg	0.4	--	0.07	0	1.11	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate 14 15 16	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate 14 15 16	mg	0.1	--	0.1	0	1.1	--	--	--	--	--	--	--
(+)-Gallocatechin 14 15 16	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavanones													
Hesperetin 14	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Naringenin 14	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin 14 17	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Luteolin 14 17	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavonols													
Kaempferol 17	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Myricetin 14 17	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Quercetin 14 17	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Isoflavones													
Daidzein 21 22	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein 21 22	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones 21 22	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers 18 19 20	mg	1.2	--	0.87	0.02	3.28	--	--	--	--	--	--	--
Proanthocyanidin trimers 18 19 20	mg	1.1	--	0.79	0	2.6	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers 19 20	mg	3.4	--	2.01	0	5.79	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers 19 20	mg	0.5	--	0.7	0	1.96	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) 19 20	mg	0.0	--	0	0	0	--	--	--	--	--	--	--

Sources of Data

¹Produce Marketing Association (PMA) Nutrient Content of Avocado, 1989

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Footnotes

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