

Basic Report 09038, Avocados, raw, California

Report Date: September 21, 2019 19:49 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, pureed 230g	1 fruit, without skin and seed 136g	1 NLEA serving 50g
Proximates					
Water	g	72.33	166.36	98.37	36.16
Energy	kcal	167	384	227	84
Protein	g	1.96	4.51	2.67	0.98
Total lipid (fat)	g	15.41	35.44	20.96	7.71
Carbohydrate, by difference	g	8.64	19.87	11.75	4.32
Fiber, total dietary	g	6.8	15.6	9.2	3.4
Sugars, total	g	0.30	0.69	0.41	0.15
Minerals					
Calcium, Ca	mg	13	30	18	6
Iron, Fe	mg	0.61	1.40	0.83	0.30
Magnesium, Mg	mg	29	67	39	14
Phosphorus, P	mg	54	124	73	27
Potassium, K	mg	507	1166	690	254
Sodium, Na	mg	8	18	11	4
Zinc, Zn	mg	0.68	1.56	0.92	0.34
Vitamins					
Vitamin C, total ascorbic acid	mg	8.8	20.2	12.0	4.4
Thiamin	mg	0.075	0.172	0.102	0.037
Riboflavin	mg	0.143	0.329	0.194	0.071
Niacin	mg	1.912	4.398	2.600	0.956
Vitamin B-6	mg	0.287	0.660	0.390	0.143
Folate, DFE	µg	89	205	121	44
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	7	16	10	4
Vitamin A, IU	IU	147	338	200	74
Vitamin E (alpha-tocopherol)	mg	1.97	4.53	2.68	0.98

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	21.0	48.3	28.6	10.5
Lipids					
Fatty acids, total saturated	g	2.126	4.890	2.891	1.063
Fatty acids, total monounsaturated	g	9.799	22.538	13.327	4.899
Fatty acids, total polyunsaturated	g	1.816	4.177	2.470	0.908
Fatty acids, total trans	g	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0

Amino Acids

Other