

**Basic Report 09039, Avocados, raw, Florida**
**Report Date: July 23, 2019 01:01 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, pureed 230g	1 fruit without skin and seeds 304g	1 NLEA Serving 50g
<b>Proximates</b>					
Water	g	78.81	181.26	239.58	39.41
Energy	kcal	120	276	365	60
Protein	g	2.23	5.13	6.78	1.11
Total lipid (fat)	g	10.06	23.14	30.58	5.03
Carbohydrate, by difference	g	7.82	17.99	23.77	3.91
Fiber, total dietary	g	5.6	12.9	17.0	2.8
Sugars, total	g	2.42	5.57	7.36	1.21
<b>Minerals</b>					
Calcium, Ca	mg	10	23	30	5
Iron, Fe	mg	0.17	0.39	0.52	0.09
Magnesium, Mg	mg	24	55	73	12
Phosphorus, P	mg	40	92	122	20
Potassium, K	mg	351	807	1067	176
Sodium, Na	mg	2	5	6	1
Zinc, Zn	mg	0.40	0.92	1.22	0.20
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	17.4	40.0	52.9	8.7
Thiamin	mg	0.021	0.048	0.064	0.011
Riboflavin	mg	0.053	0.122	0.161	0.026
Niacin	mg	0.672	1.546	2.043	0.336
Vitamin B-6	mg	0.078	0.179	0.237	0.039
Folate, DFE	µg	35	80	106	18
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	7	16	21	4
Vitamin A, IU	IU	140	322	426	70
Vitamin E (alpha-tocopherol)	mg	2.66	6.12	8.09	1.33

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
<b>Lipids</b>					
Fatty acids, total saturated	g	1.960	4.508	5.958	0.980
Fatty acids, total monounsaturated	g	5.513	12.680	16.760	2.756
Fatty acids, total polyunsaturated	g	1.676	3.855	5.095	0.838
Fatty acids, total trans	g	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0
<b>Amino Acids</b>					
<b>Other</b>					