

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

Report Date: July 19, 2019 19:44 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
Proximates							
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
Minerals							
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
Vitamins							
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
Lipids							
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
Amino Acids							
Other							
Caffeine	mg	0	0	0	0	0	0

Footnotes

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