

## Basic Report 04581, Oil, avocado

Report Date: January 20, 2019 08:55 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 14g	1 cup 218g	1 tsp 4.5g
<b>Proximates</b>					
Water	g	0.00	0.00	0.00	0.00
Energy	kcal	884	124	1927	40
Protein	g	0.00	0.00	0.00	0.00
Total lipid (fat)	g	100.00	14.00	218.00	4.50
Carbohydrate, by difference	g	0.00	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0	0.0
<b>Minerals</b>					
Calcium, Ca	mg	0	0	0	0
Iron, Fe	mg	0.00	0.00	0.00	0.00
Magnesium, Mg	mg	0	0	0	0
Phosphorus, P	mg	0	0	0	0
Potassium, K	mg	0	0	0	0
Sodium, Na	mg	0	0	0	0
Zinc, Zn	mg	0.00	0.00	0.00	0.00
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.000	0.000	0.000	0.000
Riboflavin	mg	0.000	0.000	0.000	0.000
Niacin	mg	0.000	0.000	0.000	0.000
Vitamin B-6	mg	0.000	0.000	0.000	0.000
Folate, DFE	µg	0	0	0	0
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0
Vitamin A, IU	IU	0	0	0	0
<b>Lipids</b>					
Fatty acids, total saturated	g	11.560	1.618	25.201	0.520

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 tbsp 14g</b>	<b>1 cup 218g</b>	<b>1 tsp 4.5g</b>
Fatty acids, total monounsaturated	g	70.554	9.878	153.808	3.175
Fatty acids, total polyunsaturated	g	13.486	1.888	29.399	0.607

**Amino Acids**

**Other**