

Full Report (All Nutrients) 04581, Oil, avocado

Report Date: November 16, 2018 02:33 EST

Nutrient values and weights are for edible portion.

Food Group : Fats and Oils

Fat Factor: 8.84

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 14g	1 cup 218g	1 tsp 4.5g
Proximates							
Water	g	0.00	1	--	0.00	0.00	0.00
Energy	kcal	884	--	--	124	1927	40
Energy	kJ	3699	--	--	518	8064	166
Protein	g	0.00	1	--	0.00	0.00	0.00
Total lipid (fat)	g	100.00	1	--	14.00	218.00	4.50
Ash	g	0.00	1	--	0.00	0.00	0.00
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0
Minerals							
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
Copper, Cu	mg	0.000	--	--	0.000	0.000	0.000
Manganese, Mn	mg	0.000	--	--	0.000	0.000	0.000
Selenium, Se	µg	0.0	--	--	0.0	0.0	0.0
Vitamins							
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	0.0
Thiamin	mg	0.000	--	--	0.000	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 14g	1 cup 218g	1 tsp 4.5g
Riboflavin	mg	0.000	--	--	0.000	0.000	0.000
Niacin	mg	0.000	--	--	0.000	0.000	0.000
Pantothenic acid	mg	0.000	--	--	0.000	0.000	0.000
Vitamin B-6	mg	0.000	--	--	0.000	0.000	0.000
Folate, total	µg	0	--	--	0	0	0
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	0	--	--	0	0	0
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
Retinol	µg	0	--	--	0	0	0
Vitamin A, IU	IU	0	--	--	0	0	0
Lipids							
Fatty acids, total saturated	g	11.560	--	--	1.618	25.201	0.520
16:0	g	10.900	2	--	1.526	23.762	0.491
18:0	g	0.660	2	--	0.092	1.439	0.030
Fatty acids, total monounsaturated	g	70.554	--	--	9.878	153.808	3.175
16:1 undifferentiated	g	2.665	2	--	0.373	5.810	0.120
18:1 undifferentiated	g	67.889	2	--	9.504	147.998	3.055
Fatty acids, total polyunsaturated	g	13.486	--	--	1.888	29.399	0.607
18:2 undifferentiated	g	12.530	2	--	1.754	27.315	0.564
18:3 undifferentiated	g	0.957	2	--	0.134	2.086	0.043

Amino Acids

Other