

Basic Report 09038, Avocados, raw, California

Report Date: January 07, 2018 18:56 EST

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 30g
Proximates					
Water	g	72.33	166.36	98.37	21.70
Energy	kcal	167	384	227	50
Protein	g	1.96	4.51	2.67	0.59
Total lipid (fat)	g	15.41	35.44	20.96	4.62
Carbohydrate, by difference	g	8.64	19.87	11.75	2.59
Fiber, total dietary	g	6.8	15.6	9.2	2.0
Sugars, total	g	0.30	0.69	0.41	0.09
Minerals					
Calcium, Ca	mg	13	30	18	4
Iron, Fe	mg	0.61	1.40	0.83	0.18
Magnesium, Mg	mg	29	67	39	9
Phosphorus, P	mg	54	124	73	16
Potassium, K	mg	507	1166	690	152
Sodium, Na	mg	8	18	11	2
Zinc, Zn	mg	0.68	1.56	0.92	0.20
Vitamins					
Vitamin C, total ascorbic acid	mg	8.8	20.2	12.0	2.6
Thiamin	mg	0.075	0.172	0.102	0.022
Riboflavin	mg	0.143	0.329	0.194	0.043
Niacin	mg	1.912	4.398	2.600	0.574
Vitamin B-6	mg	0.287	0.660	0.390	0.086
Folate, DFE	µg	89	205	121	27
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	7	16	10	2
Vitamin A, IU	IU	147	338	200	44
Vitamin E (alpha-tocopherol)	mg	1.97	4.53	2.68	0.59

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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	6.3
Lipids					
Fatty acids, total saturated	g	2.126	4.890	2.891	0.638
Fatty acids, total monounsaturated	g	9.799	22.538	13.327	2.940
Fatty acids, total polyunsaturated	g	1.816	4.177	2.470	0.545
Fatty acids, total trans	g	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0
Amino Acids					
Other					