

Basic Report 09039, Avocados, raw, Florida

Report Date: January 07, 2018 18:58 EST

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
Proximates				
Water	g	78.81	181.26	239.58
Energy	kcal	120	276	365
Protein	g	2.23	5.13	6.78
Total lipid (fat)	g	10.06	23.14	30.58
Carbohydrate, by difference	g	7.82	17.99	23.77
Fiber, total dietary	g	5.6	12.9	17.0
Sugars, total	g	2.42	5.57	7.36
Minerals				
Calcium, Ca	mg	10	23	30
Iron, Fe	mg	0.17	0.39	0.52
Magnesium, Mg	mg	24	55	73
Phosphorus, P	mg	40	92	122
Potassium, K	mg	351	807	1067
Sodium, Na	mg	2	5	6
Zinc, Zn	mg	0.40	0.92	1.22
Vitamins				
Vitamin C, total ascorbic acid	mg	17.4	40.0	52.9
Thiamin	mg	0.021	0.048	0.064
Riboflavin	mg	0.053	0.122	0.161
Niacin	mg	0.672	1.546	2.043
Vitamin B-6	mg	0.078	0.179	0.237
Folate, DFE	µg	35	80	106
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	7	16	21
Vitamin A, IU	IU	140	322	426
Vitamin E (alpha-tocopherol)	mg	2.66	6.12	8.09

Nutrient	Unit	1 Value Per100 g	1 cup, pureed 230g	1 fruit without skin and seeds 304g
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Lipids				
Fatty acids, total saturated	g	1.960	4.508	5.958
Fatty acids, total monounsaturated	g	5.513	12.680	16.760
Fatty acids, total polyunsaturated	g	1.676	3.855	5.095
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				