

Full Report (All Nutrients) 09037, Avocados, raw, all commercial varieties [a](#)

Report Date: February 05, 2014 12:36 EST

Nutrient values and weights are for edible portion

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor: 3.36 Nitrogen to Protein Conversion Factor: 6.25

Refuse: 26% Refuse Description: Seed and skin

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	1.0 cup, cubes 150g	1.0 cup, pureed 230g	1.0 cup, sliced 146g	1.0 avocado, NS as to Florida or California 201g
Proximates								
Water 1 2 4 6 7 9 11 13	g	73.23	40	1.898	109.84	168.43	106.92	147.19
Energy	kcal	160	--	--	240	368	234	322
Energy	kJ	670	--	--	1005	1541	978	1347
Protein 1 2 4 6 7	g	2.00	34	0.136	3.00	4.60	2.92	4.02
Total lipid (fat) 1 2 4 6 7 9	g	14.66	35	0.542	21.99	33.72	21.40	29.47
Ash 1 2 4 6 7	g	1.58	34	0.118	2.37	3.63	2.31	3.18
Carbohydrate, by difference	g	8.53	--	--	12.80	19.62	12.45	17.15
Fiber, total dietary 1 2 3 4 6 7 11 13	g	6.7	27	0.879	10.0	15.4	9.8	13.5
Sugars, total 1 2 4 11	g	0.66	12	0.019	0.99	1.52	0.96	1.33
Sucrose 1 2 11	g	0.06	10	0.037	0.09	0.14	0.09	0.12
Glucose (dextrose) 1 2 11	g	0.37	10	0.030	0.56	0.85	0.54	0.74
Fructose 1 2 11	g	0.12	10	0.016	0.18	0.28	0.18	0.24
Lactose 1 2 11	g	0.00	10	0.000	0.00	0.00	0.00	0.00
Maltose 1 2 11	g	0.00	10	0.000	0.00	0.00	0.00	0.00
Galactose 1 2	g	0.10	8	0.014	0.15	0.23	0.15	0.20
Starch 1 2	g	0.11	4	0.000	0.16	0.25	0.16	0.22
Minerals								
Calcium, Ca 1 2 4 5 6 7	mg	12	29	0.583	18	28	18	24
Iron, Fe 1 2 4 5 6 7	mg	0.55	29	0.105	0.82	1.27	0.80	1.11
Magnesium, Mg 1 2 5 6 7	mg	29	17	1.542	44	67	42	58
Phosphorus, P 1 2 6 7	mg	52	16	1.622	78	120	76	105

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1.0 cup, cubes 150g	1.0 cup, pureed 230g	1.0 cup, sliced 146g	1.0 avocado, NS as to Florida or California 201g
Potassium, K 1 2 4 5 6 7	mg	485	29	31.316	728	1116	708	975
Sodium, Na 2 4 5 6 7	mg	7	23	1.173	10	16	10	14
Zinc, Zn 1 2 5 6 7	mg	0.64	17	0.029	0.96	1.47	0.93	1.29
Copper, Cu 1 2 5 6 7	mg	0.190	17	0.039	0.285	0.437	0.277	0.382
Manganese, Mn 1 2 5 6 7	mg	0.142	17	0.007	0.213	0.327	0.207	0.285
Selenium, Se 1 2	µg	0.4	5	0.068	0.6	0.9	0.6	0.8
Fluoride, F 1 2	µg	7.0	9	--	10.5	16.1	10.2	14.1
Vitamins								
Vitamin C, total ascorbic acid 4 6 7	mg	10.0	20	0.505	15.0	23.0	14.6	20.1
Thiamin 1 2 6 7	mg	0.067	16	0.002	0.100	0.154	0.098	0.135
Riboflavin 1 2 6 7	mg	0.130	16	0.008	0.195	0.299	0.190	0.261
Niacin 1 2 6 7	mg	1.738	16	0.081	2.607	3.997	2.537	3.493
Pantothenic acid 1 2 6 7	mg	1.389	16	0.301	2.084	3.195	2.028	2.792
Vitamin B-6 1 2 6 7	mg	0.257	15	0.046	0.386	0.591	0.375	0.517
Folate, total 2 4 6 7	µg	81	24	10.343	122	186	118	163
Folic acid	µg	0	--	--	0	0	0	0
Folate, food	µg	81	24	10.343	122	186	118	163
Folate, DFE	µg	81	--	--	122	186	118	163
Choline, total 1 2	mg	14.2	--	--	21.3	32.7	20.7	28.5
Betaine 1 2	mg	0.7	2	--	1.0	1.6	1.0	1.4
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin A, RAE 1 2 4 7 10	µg	7	--	--	10	16	10	14
Retinol	µg	0	--	--	0	0	0	0
Carotene, beta 1 2 4 6 7 10	µg	62	33	7.715	93	143	91	125
Carotene, alpha 1 2 4 6 7 10	µg	24	31	11.540	36	55	35	48
Cryptoxanthin, beta 1 2 4 7 10	µg	28	29	16.722	42	64	41	56
Vitamin A, IU 1 2 4 6 7 10	IU	146	--	--	219	336	213	293
Lycopene 1 2	µg	0	7	0.000	0	0	0	0
Lutein + zeaxanthin 1 2 4	µg	271	16	16.660	406	623	396	545
Vitamin E (alpha-tocopherol) 1 2 4 6 9	mg	2.07	23	0.214	3.10	4.76	3.02	4.16
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00
Tocopherol, beta 1 2 9	mg	0.05	10	0.009	0.08	0.12	0.07	0.10

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Tocopherol, gamma 1 2 4 9	mg	0.33	19	0.114	0.50	0.76	0.48	0.66
Tocopherol, delta 1 2 9	mg	0.02	10	0.004	0.03	0.05	0.03	0.04
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0	0
Vitamin K (phylloquinone) 1 2	µg	21.0	8	0.766	31.5	48.3	30.7	42.2
Lipids								
Fatty acids, total saturated	g	2.126	--	--	3.189	4.890	3.104	4.273
4:0	g	0.000	--	--	0.000	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000	0.000
8:0 1 2	g	0.001	7	0.001	0.002	0.002	0.001	0.002
10:0 1 2	g	0.000	8	0.000	0.000	0.000	0.000	0.000
12:0 1 2	g	0.000	8	0.000	0.000	0.000	0.000	0.000
14:0 1 2	g	0.000	8	0.000	0.000	0.000	0.000	0.000
15:0 1 2	g	0.000	8	0.000	0.000	0.000	0.000	0.000
16:0 1 2	g	2.075	8	0.104	3.112	4.773	3.030	4.171
17:0 1 2	g	0.000	8	0.000	0.000	0.000	0.000	0.000
18:0 1 2	g	0.049	8	0.005	0.074	0.113	0.072	0.098
20:0 1 2	g	0.000	8	0.000	0.000	0.000	0.000	0.000
22:0 1 2	g	0.000	8	0.000	0.000	0.000	0.000	0.000
24:0 1	g	0.000	4	0.000	0.000	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	9.799	--	--	14.698	22.538	14.307	19.696
14:1 1 2	g	0.000	8	0.000	0.000	0.000	0.000	0.000
15:1 1 2	g	0.000	8	0.000	0.000	0.000	0.000	0.000
16:1 undifferentiated 1 2	g	0.698	8	0.039	1.047	1.605	1.019	1.403
17:1 1 2	g	0.010	8	0.001	0.015	0.023	0.015	0.020
18:1 undifferentiated 1 2	g	9.066	8	0.474	13.599	20.852	13.236	18.223
20:1 1 2	g	0.025	8	0.002	0.038	0.058	0.037	0.050
22:1 undifferentiated 1	g	0.000	4	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	1.816	--	--	2.724	4.177	2.651	3.650
18:2 undifferentiated 1 2	g	1.674	8	0.063	2.511	3.850	2.444	3.365
18:3 undifferentiated	g	0.125	--	--	0.188	0.288	0.182	0.251
18:3 n-3 c,c,c (ALA) 2	g	0.111	4	0.007	0.166	0.255	0.162	0.223
18:3 n-6 c,c,c 2	g	0.015	4	0.000	0.022	0.034	0.022	0.030

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18:4 1	g	0.000	4	0.000	0.000	0.000	0.000	0.000
20:2 n-6 c,c 1 2	g	0.000	8	0.000	0.000	0.000	0.000	0.000
20:3 undifferentiated 1 2	g	0.016	8	0.002	0.024	0.037	0.023	0.032
20:4 undifferentiated 1 2	g	0.000	8	0.000	0.000	0.000	0.000	0.000
20:5 n-3 (EPA) 1	g	0.000	4	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA) 1	g	0.000	4	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA) 1	g	0.000	4	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0	0
Stigmasterol 8	mg	2	6	0.000	3	5	3	4
Campesterol 8	mg	5	6	0.196	8	12	7	10
Beta-sitosterol 8	mg	76	6	5.583	114	175	111	153
Amino Acids								
Tryptophan	g	0.025	--	--	0.038	0.058	0.037	0.050
Threonine	g	0.073	--	--	0.109	0.168	0.107	0.147
Isoleucine	g	0.084	--	--	0.126	0.193	0.123	0.169
Leucine	g	0.143	--	--	0.214	0.329	0.209	0.287
Lysine	g	0.132	--	--	0.198	0.304	0.193	0.265
Methionine	g	0.038	--	--	0.057	0.087	0.055	0.076
Cystine	g	0.027	--	--	0.040	0.062	0.039	0.054
Phenylalanine	g	0.097	--	--	0.146	0.223	0.142	0.195
Tyrosine	g	0.049	--	--	0.074	0.113	0.072	0.098
Valine	g	0.107	--	--	0.160	0.246	0.156	0.215
Arginine	g	0.088	--	--	0.132	0.202	0.128	0.177
Histidine	g	0.049	--	--	0.074	0.113	0.072	0.098
Alanine	g	0.109	--	--	0.164	0.251	0.159	0.219
Aspartic acid	g	0.236	--	--	0.354	0.543	0.345	0.474
Glutamic acid	g	0.287	--	--	0.430	0.660	0.419	0.577
Glycine	g	0.104	--	--	0.156	0.239	0.152	0.209
Proline	g	0.098	--	--	0.147	0.225	0.143	0.197
Serine	g	0.114	--	--	0.171	0.262	0.166	0.229
Other								
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1.0 cup, cubes 150g	1.0 cup, pureed 230g	1.0 cup, sliced 146g	1.0 avocado, NS as to Florida or California 201g
Flavonoids								
Anthocyanidins								
Cyanidin		0.5		0.8	0.5		0.7	
Petunidin		0.0		0.0	0.0		0.0	
Delphinidin		0.0		0.0	0.0		0.0	
Malvidin		0.0		0.0	0.0		0.0	
Pelargonidin		0.0		0.0	0.0		0.0	
Peonidin		0.0		0.0	0.0		0.0	
Flavan-3-ols								
(+)-Catechin		0.0		0.0	0.0		0.0	
(-)-Epigallocatechin		0.0		0.0	0.0		0.0	
(-)-Epicatechin		0.6		0.9	0.5		0.7	
(-)-Epicatechin 3-gallate		0.0		0.0	0.0		0.0	
(-)-Epigallocatechin 3-gallate		0.2		0.3	0.2		0.3	
(+)-Galocatechin		0.0		0.0	0.0		0.0	
Flavanones								
Hesperetin		0.0		0.0	0.0		0.0	
Naringenin		0.0		0.0	0.0		0.0	
Flavones								
Apigenin		0.0		0.0	0.0		0.0	
Luteolin		0.0		0.0	0.0		0.0	
Flavonols								
Kaempferol		0.0		0.0	0.0		0.0	
Myricetin		0.0		0.0	0.0		0.0	
Quercetin		0.0		0.0	0.0		0.0	
Isoflavones								
Daidzein		0.0		0.0	0.0		0.0	
Genistein		0.0		0.0	0.0		0.0	
Total isoflavones		0.0		0.0	0.0		0.0	

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5j, 2001 Beltsville MD
²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5g, 2001 Beltsville MD
³National Cancer Institute (NCI), DHHS Total dietary fiber content of selected foods, 1992
⁴California Avocado Commission California Avocado Commission data for avocados 1993-2001, 1993
⁵N.J. Miller-Ihli Atomic absorption and atomic emission spectrometry for the determination of the trace element content of selected fruits consumed in the United States, 1996 Journal of Food Composition and Analysis 9 4 pp.301-311
⁶Produce Marketing Association (PMA) Nutrient Content of Avocado, 1989
⁷Nutrient Data Laboratory, ARS, USDA Nutrient Analysis of Specialty Fruit Marketed in the United States, 1987 Beltsville MD
⁸K.C. Duester Avocado fruit is a rich source of beta-sitosterol, 2001 Journal of the American Dietetic Association 101 4 pp.404-404
⁹Nutrient Data Laboratory, ARS, USDA NDL Report Vitamin E 1991, 1991 Beltsville MD
¹⁰University of Maine Determination of alpha- and beta-carotene in fruit and vegetables by HPLC, 1982

¹¹ *Nutrient Data Laboratory, ARS, USDA Dietary Fiber and Sugars in Commonly Consumed Foods*, 1994 Beltsville MD

¹² *Robert Ophaug Fluoride, Unpublished - Ophaug*, Microdiffision

¹³ *Nutrient Data Laboratory, ARS, USDA Total dietary fiber in 104 foods*, 1992 Beltsville MD

Sources of Data

¹⁴ *Harnly, J. M., Doherty, R., Beecher, G. R., Holden, J. M., Haytowitz, D. B., and Bhagwat, S., and Gebhardt S. Flavonoid content of U.S. fruits, vegetables, and nuts*, 2006 J. Agric. Food Chem. 54 pp.9966-9977

¹⁵ *Arts, I. C. W., van de Putte, B., and Hollman, P. C. H. Catechin content of foods commonly consumed in the Netherlands. 1. Fruits, vegetables, staple foods and processed foods.*, 2000 J. Agric. Food Chem. 48 pp.1746-1751

¹⁶ *de Pascual-Teresa, S., Santos-Buelga, C., & Rivas-Gonzalo, J.C. Quantitative analysis of flavan-3-ols in Spanish foodstuffs and beverages.*, 2000 J. Agric. Food Chem. 48 pp.5331-5337

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¹⁸ *Horn-Ross, P. L., Barnes, S., Lee, M., Coward, L., Mandel, E., Koo, J., John, E. M., and Smith, M. Assessing phytoestrogen exposure in epidemiologic studies: development of a database (United States).*, 2000 Cancer Causes and Control 11 pp.289-298

¹⁹ *Liggins, J., Bluck, L. J. C., Runswick, S., Atkinson, C., Coward, W. A., Bingham, S. A. Daidzein and genistein content of fruits and nuts.*, 2000 J. Nutr. Biochem. 11 pp.326-331

Footnotes

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

Language Code(s)

- A0152 VEGETABLE OR VEGETABLE PRODUCT (US CFR)
- A1279 0900 FRUITS AND FRUIT JUICES (USDA SR)
- B1470 AVOCADO
- C0229 FRUIT, PEEL REMOVED, CORE, PIT OR SEED REMOVED
- E0150 WHOLE, NATURAL SHAPE
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0003 NO TREATMENT APPLIED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION