

USDA National Nutrient Database for Standard Reference Release 28

Basic Report 09037, Avocados, raw, all commercial varieties [a](#)

Report Date: February 19, 2016 10:14 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, cubes 150g	1 cup, pureed 230g	1 cup, sliced 146g	1 avocado, NS as to Florida or California 201g
<b>Proximates</b>						
Water	g	73.23	109.84	168.43	106.92	147.19
Energy	kcal	160	240	368	234	322
Protein	g	2.00	3.00	4.60	2.92	4.02
Total lipid (fat)	g	14.66	21.99	33.72	21.40	29.47
Carbohydrate, by difference	g	8.53	12.80	19.62	12.45	17.15
Fiber, total dietary	g	6.7	10.0	15.4	9.8	13.5
Sugars, total	g	0.66	0.99	1.52	0.96	1.33
<b>Minerals</b>						
Calcium, Ca	mg	12	18	28	18	24
Iron, Fe	mg	0.55	0.82	1.27	0.80	1.11
Magnesium, Mg	mg	29	44	67	42	58
Phosphorus, P	mg	52	78	120	76	105
Potassium, K	mg	485	728	1116	708	975
Sodium, Na	mg	7	10	16	10	14
Zinc, Zn	mg	0.64	0.96	1.47	0.93	1.29
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	10.0	15.0	23.0	14.6	20.1
Thiamin	mg	0.067	0.100	0.154	0.098	0.135
Riboflavin	mg	0.130	0.195	0.299	0.190	0.261
Niacin	mg	1.738	2.607	3.997	2.537	3.493
Vitamin B-6	mg	0.257	0.386	0.591	0.375	0.517
Folate, DFE	µg	81	122	186	118	163
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	7	10	16	10	14
Vitamin A, IU	IU	146	219	336	213	293
Vitamin E (alpha-tocopherol)	mg	2.07	3.10	4.76	3.02	4.16

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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)	µg	21.0	31.5	48.3	30.7	42.2
<b>Lipids</b>						
Fatty acids, total saturated	g	2.126	3.189	4.890	3.104	4.273
Fatty acids, total monounsaturated	g	9.799	14.698	22.538	14.307	19.696
Fatty acids, total polyunsaturated	g	1.816	2.724	4.177	2.651	3.650
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
<b>Amino Acids</b>						
<b>Other</b>						
Caffeine	mg	0	0	0	0	0

**Footnotes**

<sup>a</sup> Based on 86% California and 14% Florida varieties.