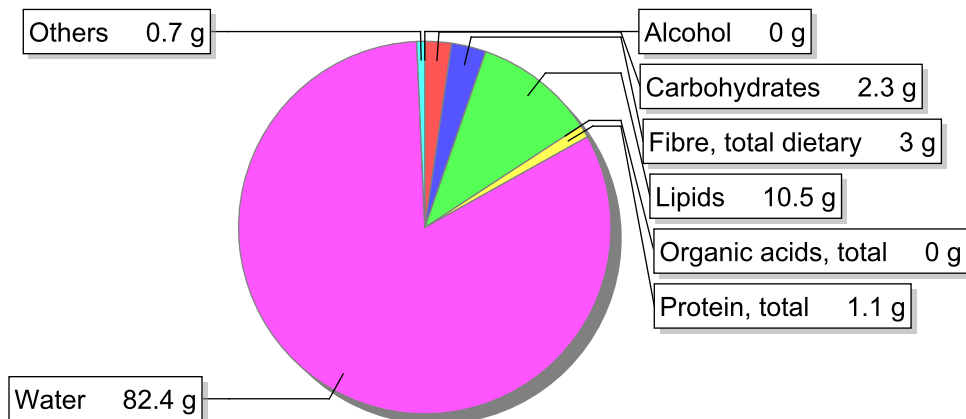


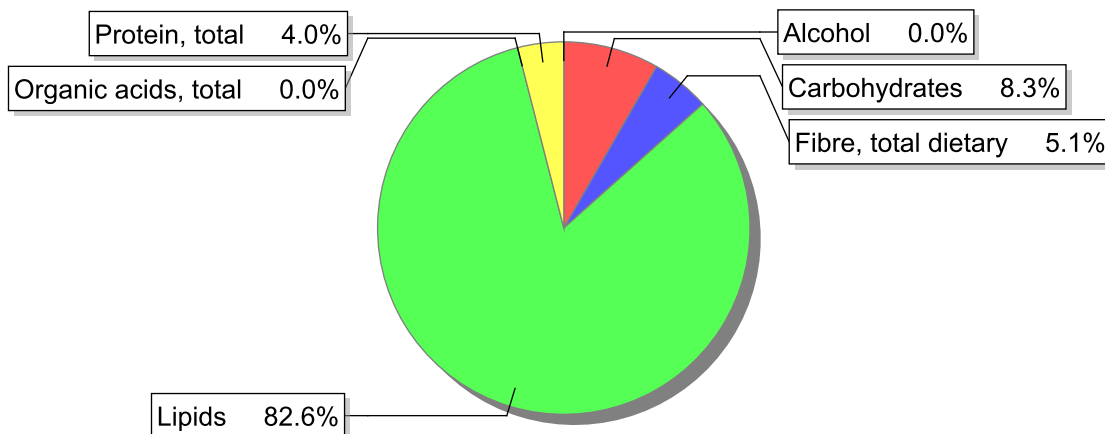
Food

Name: Avocado
Group: Fruit
Subgroup: Fresh fruit
Edible Part: 70%
Code: IS624
FoodEX2 Code: A01LB

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
Energy value			
energy kcal, total metabolisable	114	kcal	
energy kJ, total metabolisable	470	kJ	
Macro nutrients			
Lipids		g	
fatty acids, total saturated	2.2	g	
fatty acids, total monounsaturated	6.5	g	
fatty acids, total polyunsaturated	1.2	g	
fatty acid 18:2 n-6 cis,cis	1.1	g	

Name	Value	Unit	Source(s)
fatty acids, total trans	0	g	
Carbohydrates		g	
sugars, total	2.3	g	
sucrose	0	g	
lactose	0	g	
oligosaccharides, available	0	g	
starch, total	0	g	
salt	0.0	g	
fibre, total dietary	3	g	
protein, total	1.1	g	
alcohol	0	g	
water	82.4	g	
organic acids, total	0	g	
cholesterol	0	mg	
Vitamins			
vitamin A; retinol equiv from retinol and carotenoid activities	5	µg	
carotene, total (vitamin A precursors)	32	µg	
vitamin D	0	µg	
alpha-tocopherol	2.1	mg	
thiamin	0.1	mg	
riboflavin	0.17	mg	
niacin, preformed	1.1	mg	
niacin equivalents, total	1.3	mg	
niacin equivalents from tryptophan	1.1	mg	
vitamin B-6, total	0.3	mg	
vitamin B-12	0	µg	
vitamin C	3	mg	
folate, total	11	µg	
Minerals			
ash	0.75	g	
sodium	15	mg	
potassium	330	mg	
calcium	4	mg	
phosphorus	36	mg	
magnesium	21	mg	
iron, total	0.3	mg	
zinc	0.3	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References