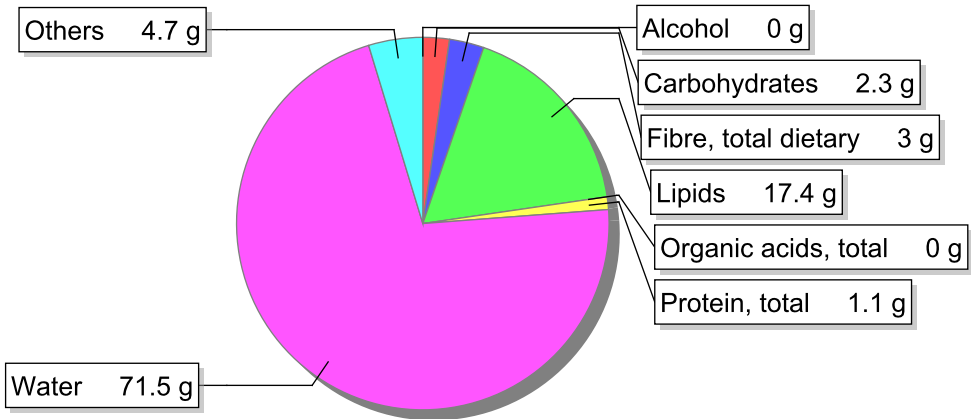


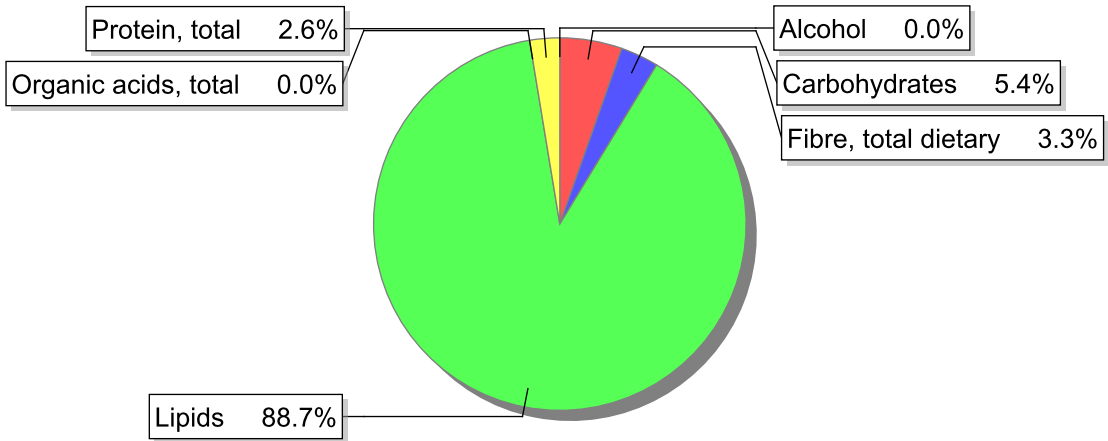
Food

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 kcal, total metabolisable	176	kcal	
energy kJ, total metabolisable	726	kJ	
fatty acids, total saturated	4.2	g	649, 1401
fatty acids, total monounsaturated	10	g	649, 1401
fatty acids, total polyunsaturated	2.3	g	649, 1401
fatty acid 18:2 n-6 cis,cis	1.1	g	
fatty acids, total trans	0	g	649, 1401
sugars, total	2.3	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	3	g	
protein, total	1.1	g	
alcohol	0	g	
water	71.5	g	649, 1401
organic acids, total	0	g	
cholesterol	0	mg	
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	
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

Id	Reference
649	McCance and Widdowson's 'composition of foods integrated dataset' on the nutrient content of the UK food supply File: McCance_Widdowson_s_Composition_of_Foods_Integrated_Dataset (Published 25 March 2015).
1401	PHE, Nutrient analysis of fresh and processed fruit and vegetables with respect to fibre, 2017