



Food ID: E004

Food name and Description: Avocado, green

Scientific name: *Persea americana*

Alternate/Common name(s): Abokado, berde

Edible portion: 70%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	81.8
Energy, calculated (kcal)	101
Protein (g)	0.9
Total Fat (g)	6.2
Carbohydrate, total (g)	10.5
Ash, total (g)	0.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	4.8
Sugars, total (g)	2.1

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	16
Phosphorus, P (mg)	24
Iron, Fe (mg)	0.8
Sodium, Na (mg)	1

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	130
Retinol Activity Equivalent, RAE (µg)	11
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	0.9
Ascorbic Acid, Vitamin C (mg)	14

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.21
Fatty acids, monounsaturated, total (g)	3.4
Fatty acids, polyunsaturated, total(g)	1.03
Cholesterol (mg)	0