



Food ID: E005

Food name and Description: Avocado, red

Scientific name: *Persea americana*

Alternate/Common name(s): Abokado, murado

Edible portion: 68%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	83.9
Energy, calculated (kcal)	100
Protein (g)	0.9
Total Fat (g)	7.6
Carbohydrate, total (g)	7
Ash, total (g)	0.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	4.3
Sugars, total (g)	1.8

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	11
Phosphorus, P (mg)	27
Iron, Fe (mg)	0.8
Sodium, Na (mg)	2

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	45
Retinol Activity Equivalent, RAE (µg)	4
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.07
Niacin (mg)	1.3
Ascorbic Acid, Vitamin C (mg)	13

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.05
Fatty acids, monounsaturated, total (g)	4.83
Fatty acids, polyunsaturated, total(g)	0.9
Cholesterol (mg)	0