



अखिल भारतीय अॅव्होकॅडो उत्पादक संघ , नासिक (प्र.)

बलराम ग्राम विकास व कृषी संशोधन केंद्र अंतर्गत

Public Trust Regi. No. E-258 NSK

**All India Avocado Producer Association** ,

Proposed, now working Under the aegis of  
Balram Rural Development & Agri. Research Center

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# AVOCADO *Persea americana* (Mill) of the family Lauraceae, Common Name: Avocado, Alligator Pear (English)



Avocado, raw (edible parts)	
Nutritional value per 100 g (3.5 oz)	
Energy	670 kJ (160 kcal)
Carbohydrates	8.53 g
Sugars	0.66 g
Dietary fiber	6.7 g
Fat	14.66 g
saturated	2.13 g
monounsaturated	9.80 g
polyunsaturated	1.82 g
Protein	2 g
Thiamine (Vit. B <sub>1</sub> )	0.067 mg (5%)
Riboflavin (Vit. B <sub>2</sub> )	0.130 mg (9%)
Niacin (Vit. B <sub>3</sub> )	1.738 mg (12%)

Pantothenic acid (B <sub>5</sub> )	1.389 mg (28%)
Vitamin B <sub>6</sub>	0.257 mg (20%)
Folate (Vit. B <sub>9</sub> )	81 µg (20%)
Vitamin C	10 mg (17%)
Calcium	12 mg (1%)
Iron	0.55 mg (4%)
Magnesium	29 mg (8%)
Phosphorus	52 mg (7%)
Potassium	485 mg (10%)
Zinc	0.64 mg (6%)
Percentages are relative to US recommendations for adults.	
Source: USDA Nutrient database	

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