

OrganicAvos.com

AVOCADO NUTRIENT COMPOSITION

SERVING SIZE	Half Fruit	% USRDA	1 Cup Mashed	% USRDA
Edible Portion Grams:	86.5		230	
Calories	153.1		407.1	
Protein (gm)	1.8	2.8	4.9	7.5
Carbohydrate (gm)	6		15.9	
Crude Fiber (gm)	1.8		4.9	
Fat (gm)	13.7		36.4	
Monounsaturated Fatty Acids (gm)	9.7		25.8	
Saturated Fatty Acids (gm)	2.2		5.9	
Polyunsaturated Fatty Acids (gm)	1.8		4.7	
Cholesterol	0		0	
VITAMINS:				
Vitamin A (IU) (beta-carotene)	529.5	10.6	1407.6	28.2
Folic Acid (mcg)	56.7	14.2	150.7	37.7
Vitamin C (mg)	6.8	11.4	18.2	30.3
Niacin (mg)	1.7	8.3	4.4	3.3
Vitamin E (IU)	1.5	4.9	3.9	13
Pantothenic Acid (mg)	0.8	8.4	2.2	22.3
Vitamin B6 (mg)	0.2	12.1	0.6	32.2
Thiamin (B1) (mg)	0.1	6.3	0.2	16.9
Riboflavin (B2) (mg)	0.1	6.1	0.3	16.2
MINERALS:				
Potassium (mg)	548.5		1458	
Phosphorus (mg)	36.5	3.6	97	9.7
Magnesium (mg)	35	8.9	94	23.6
Sodium (mg)	10.5		28	
Calcium (mg)	9.5	1	25	2.5
Iron (mg)	1	5.7	2.7	15.1
Zinc (mg)	0.4	2.4	1	6.4
Copper (mg)	0.2	11.7	0.6	31.1
Manganese (mg)	0.2		0.6	

For Customer Assistance, Please Call 877-770-1100

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