

Avocado Nutrition

FACTS CHART



A serving of avocado is based on one-third of a medium avocado (50g, one-third).

Avocados have several nutritional benefits, taking the guilt out of indulging in this creamy fruit.



1 SERVING 1.5 SERVINGS 3 SERVINGS

| | | | |
|---------------------|-------|-------|-------|
| Calories | 80 | 130 | 250 |
| Total Fat | 8g | 12g | 23g |
| Saturated Fat | 1g | 1.5g | 3g |
| Trans Fat | 0 | 0 | 0 |
| Polyunsaturated Fat | 1g | 1.5g | 3g |
| Monounsaturated Fat | 5g | 7g | 15g |
| Cholesterol | 0 | 0 | 0 |
| Sodium | 0mg | 5mg | 10mg |
| Potassium | 250mg | 380mg | 760mg |
| Total Carbohydrate | 4g | 6g | 13g |
| Dietary Fiber | 3g | 5g | 10g |
| Total Sugars | 0 | 0 | 0 |
| Added Sugars | 0 | 0 | 0 |
| Protein | 1g | 1g | 3g |

| | | | |
|-----------------------|-------|-------|-------|
| Folate (mcg or µg) | 45 | 65 | 135 |
| Niacin | 1mg | 1.4mg | 2.9mg |
| Pantothenic Acid | 0.7mg | 1.1mg | 2.2mg |
| Riboflavin | 0.1mg | 0.1mg | 0.2mg |
| Vitamin A (mcg or µg) | 0 | 10 | 10 |
| Vitamin B6 | 0.1mg | 0.2mg | 0.4mg |
| Vitamin C | 4mg | 7mg | 13mg |
| Vitamin E | 1mg | 1.5mg | 3mg |

| | | | |
|------------|-------|-------|-------|
| Calcium | 10mg | 10mg | 20mg |
| Copper | 0.1mg | 0.1mg | 0.3mg |
| Iron | 0.3mg | 0.5mg | 0.9mg |
| Magnesium | 15mg | 20mg | 45mg |
| Manganese | 0.1mg | 0.1mg | 0.2mg |
| Phosphorus | 30mg | 40mg | 80mg |
| Zinc | 0.3mg | 0.5mg | 1mg |

NUTRIENTS

VITAMINS

MINERALS