



1203 HALL AVENUE • RIVERSIDE • CALIFORNIA • 92509  
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## Vegetable oil, avocado

Refuse: 0%

NDB No: 04581 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error	1.00 X 1 tbsp ----- 14g
<b>Proximates</b>					
Water	g	0.00	1		0.00
Energy	kcal	884	0		124
Energy	kJ	3699	0		518
Protein	g	0.00	1		0.00
Total lipid (fat)	g	100.00	1		14.00
Ash	g	0.00	1		0.00
Carbohydrate, by difference	g	0.00	0		0.00
Fiber, total dietary	g	0.0	0		0.0
<b>Minerals</b>					
Calcium, Ca	mg	0	0		0
Iron, Fe	mg	0.00	0		0.00
Magnesium, Mg	mg	0	0		0
Phosphorus, P	mg	0	0		0
Potassium, K	mg	0	0		0
Sodium, Na	mg	0	0		0
Zinc, Zn	mg	0.00	0		0.00
Copper, Cu	mg	0.000	0		0.000
Manganese, Mn	mg	0.000	0		0.000
Selenium, Se	mcg	0.0	0		0.0

<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	0		0.0
Thiamin	mg	0.000	0		0.000
Riboflavin	mg	0.000	0		0.000
Niacin	mg	0.000	0		0.000
Pantothenic acid	mg	0.000	0		0.000
Vitamin B-6	mg	0.000	0		0.000
Folate, total	mcg	0	0		0
Folic acid	mcg	0	0		0
Folate, food	mcg	0	0		0
Folate, DFE	mcg_DFE	0	0		0
Vitamin B-12	mcg	0.00	0		0.00
Vitamin A, IU	IU	0	0		0
Vitamin A, RAE	mcg_RAE	0	0		0
Retinol	mcg	0	0		0
<b>Lipids</b>					
Fatty acids, total saturated	g	11.560	0		1.618
16:0	g	10.900	2		1.526
18:0	g	0.660	2		0.092
Fatty acids, total monounsaturated	g	70.554	0		9.878
16:1 undifferentiated	g	2.665	2		0.373
18:1 undifferentiated	g	67.889	2		9.504
Fatty acids, total polyunsaturated	g	13.486	0		1.888
18:2 undifferentiated	g	12.530	2		1.754
18:3 undifferentiated	g	0.957	2		0.134

USDA National Nutrient Database for Standard Reference, Release 19 (2006)