

Nutrition Facts

Avocado Serving size (100g)

Amount Per Serving

Calories

170

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% Daily Value*

Total Fat 15g 19%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 9g 3%

Dietary Fiber 7g 25%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 2g 4%

Vitamin D 0mcg 0%

Calcium 13mg 0%

Iron 0.54mg 4%

Potassium 0mg 0%

Vitamin A 324mcg 4%

Vitamin C 13.5mg 15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.