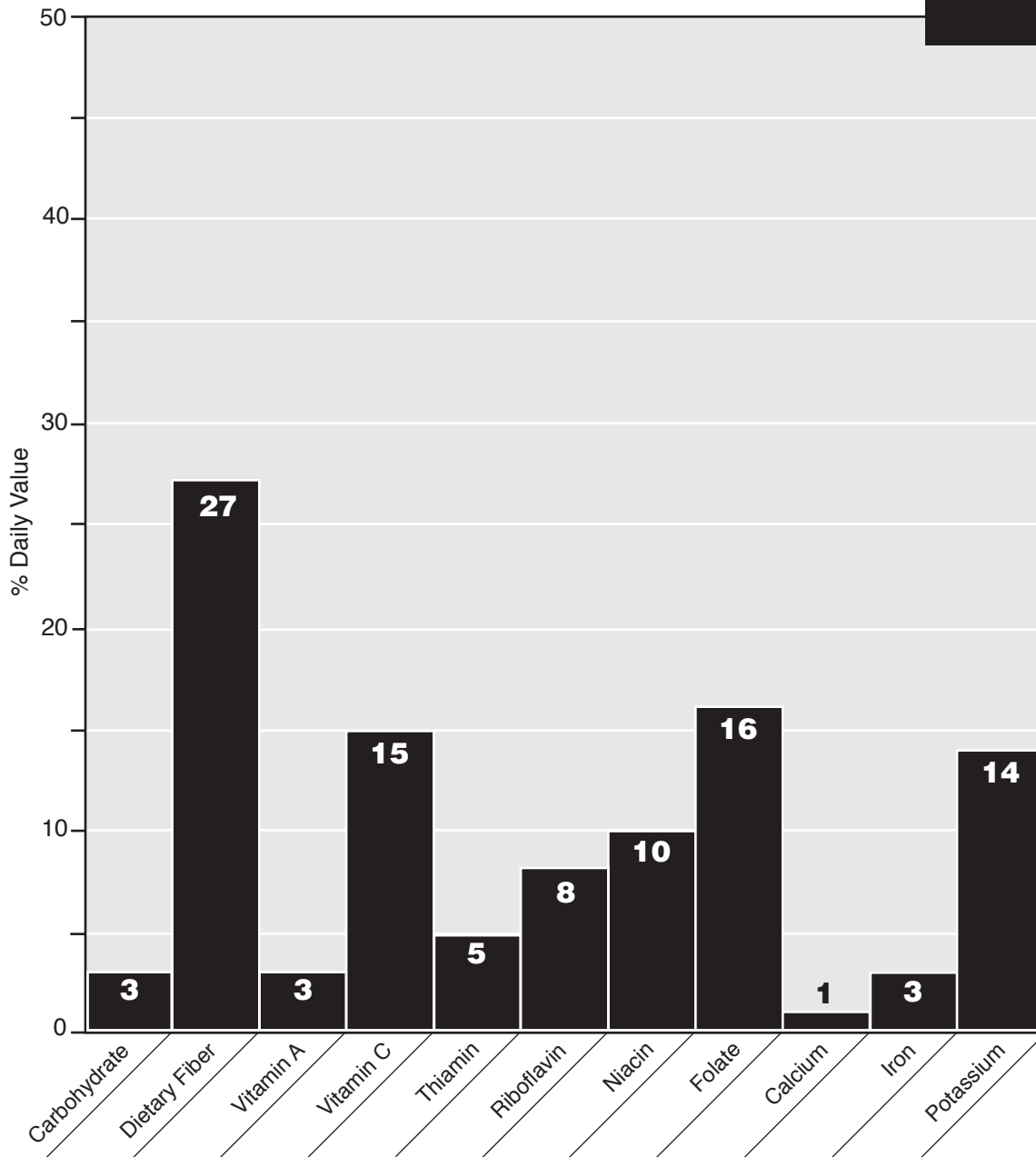


# Avocado

Lauraceae *Persea americana*

(analysis based on *peeled* raw avocado)

Pictured: Haas avocado



## Serving Size

- $\frac{1}{2}$  Medium Avocado
- 100 Grams
- 167 Calories
  - 77% from fat
  - 4% from protein
  - 19% from carbohydrate
- 2 Grams Protein
- 9 Grams Carbohydrate
  - 7 grams dietary fiber
- 15 Grams Fat
- 72 Grams Water
- 8 Milligrams Sodium

