California Avocado Society 1943 Yearbook 28: 24

NUTRITIVE ANALYSES OF AVOCADOS

A 100-gram portion gives the following analysis. This is an average of many determinations over a period of years:

Protein .....2.10 grams Carbohydrates 5.95 grams

Fat..... 20 grams Calories. 212 (1,000 per pound and up)

As this analysis indicates, the fruit contributes energy chiefly in the form of fat. That this is an easily assimilated fat was determined by Mattill[1]; and reported in the 1916 Yearbook of the California Avocado Association. Analysis of the fat by Jamieson[2] showed that it had good keeping qualities, with a low acid value—2.8. Linoleic acid constituted 10.3% of the fat, oleic 74%, palmitic 6.26%, and less than 1% of myristic and stearic acid. Butyric acid has not been found present in any samples examined. The high linoleic acid content is important in light of the fact that the body does not synthesize this nutrient.

Vitamin Analysis: The vitamin content, showing appreciable amounts of nine vitamins, is as follows:

Vitamin A	(Carotene)	100-120 Int. Units per 100 grams
Vitamin B_1	(Thiamin)	100 Micrograms " " "
Vitamin C	(Ascorbic Acid)	8.5 Milligrams " " "
Vitamin G	(Riboflavin)	160-180 Micrograms " " "
Vitamin E	(Tocopherol)	3 Milligrams " " "
Vitamin PP	(Niacin)	1 Milligram " " "
Vitamin K	(Expressed as 2-Methyl-1, 4 Naphthoquinone)	8 Micrograms " " "
Filtrate Factor	(Pantothenic Acid)	2 Milligrams " " "
Vitamin H	(Biotin)	10 Micrograms " " "

Mineral Analysis

The ash content has been calculated to be 1.32% of the edible portion of the fruit. Among the fourteen minerals making up this 1.32% are:

Iron	0.004
Calcium	0.013
Sodium	0.163
Potassium	0.414
Magnesium	0.041
Phosphorus	0.080
Manganese	trace
Chlorine	0.007
Copper	trace

Protein: The rather unusual percentage of protein for fruit breaks down into the following amino acids:

Lysine	7.1%			Tryosine	7.0%
Tryptophane	2.1%	Histidine	0.6%	Cystine	2.0%

1. "The Digestibility of the Fat of the Avocado," by H. A. Mattill, University of California.
2. "Avocado Oil, the Composition and Constants of a Little-Known Pericarp Oil," by

Geo. S. Jamieson, W. F. Baughman, and Raymond M. Hann (Oil & Fat Industries, Vol. 5, 1928).