

AVOCADO NUTRITIONAL VALUE

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Although most of the calories in an avocado come from fat, don't shy . the skin or hair, so check the product information before purchasing.

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Avocado: Nutrition and benefits

Avocado is the fruit of the avocado tree, scientifically known as *Persea americana* (1). This fruit is prized for its high nutrient value and is added.

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It's one of the most visited websites on the internet when it comes to "Healthiest Foods" and "Healthiest Recipes" and comes up 1 on a Google search for these phrases. Avocados are very high in potassium.

Healthy fats help carry fat-soluble vitamins such as vitamin E and K and colour. You can tell how ripe an avocado is by gently pressing into the skin. This may lead to allergic reactions like upset stomach, stomach cramps, headaches or more serious symptoms like severe allergic shock 5051

This article explains why avocado is technically a fruit. Avocados are rich in monounsaturated fatty acids, mainly oleic acid. The carotenoids are well absorbed because of the high fat content of avocados.