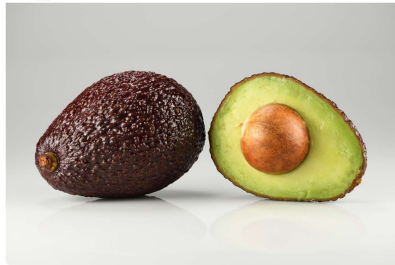




Avocado

Fruit 🥑

Color: green, yellow



Nutrition



Calories
160.13



Fiber
6.7 g



Carbs
8.53 g



Sugar
0.66 g



Protein
2 g



Fat
14.66 g

The avocado (*Persea americana*) is a tree originating in the Americas which is likely native to the highland regions of south-central Mexico to Guatemala. It is classified as a member of the flowering plant family Lauraceae. The fruit of the plant, also called an avocado (or avocado pear or alligator pear), is botanically a large berry containing a single large seed. Avocado trees are partially self-pollinating, and are often propagated through grafting to maintain predictable fruit quality and quantity.

Avocados are cultivated in tropical and Mediterranean climates of many countries, with Mexico as the leading producer of avocados in 2019, supplying 32% of the world total. The fruit of domestic varieties has a buttery flesh when ripe. Depending on the variety, avocados have green, brown, purplish, or black skin when ripe, and may be pear-shaped, egg-shaped, or spherical. Commercially, the fruits are picked while immature, and ripened after harvesting.

[VIEW SOURCE](#)

Categories

Persea

Extant Miocene first appearances

Trees of Guatemala

Trees of Honduras

Trees of Mexico

Trees of Costa Rica

Trees of Nicaragua

Trees of Belize

Fruit trees

Tropical agriculture

Crops originating from the Americas

Tropical fruit

Crops originating from Mexico

Crops originating from South America

Avocado is part of 1,564 recipes



♥♥♥♥♥ (104)

2 min

Fusion Avocado!

Had this in TEXAS a couple of years ago! My SIL Kathie turned me on to it! Sushi without the fish, Nori, and trouble of making it! OK she just had the soy but darn the pickled ginger is so good!

[VIEW](#) 4 steps

[INGREDIENTS](#) ▾



♥♥♥♥♥ (72)

30 min

7 Layer Bean Dip

This 7 layer bean dip is great for Super Bowl parties, work parties, other gatherings! Pretty easy to make...you can use store bought guacamole if you can't find ripe avocados.

[VIEW](#) 13 steps

[INGREDIENTS](#) ▾



♥♥♥♥♥ (41)

34 min

Copycat Cheesecake Factory's Avocado Egg Rolls

Make and share this Copycat Cheesecake Factory's Avocado Egg Rolls recipe from Food.com.

[VIEW](#) 14 steps

[INGREDIENTS](#) ▾