



# Avocado

Fruit

Color: green, yellow



Nutrition

Calories  
160.13Fiber  
6.7 gCarbs  
8.53 gSugar  
0.66 gProtein  
2 gFat  
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.

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## Categories

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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 damn 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.

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♥♥♥♥♥ (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.

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