

Avocado vs Guacamole (vsdiff.com)

Attribute	Avocado (fresh fruit)	Guacamole (prepared dish)
Primary form	Whole fruit with <i>skin, flesh, pit</i>	Mashed/seasoned <i>flesh</i> with mix-ins
Typical shelf life (refrigerated)	Days to weeks (depending on ripeness)	~1-5 days (recipe & packaging dependent)
Key nutritional note	Higher intact monounsaturated fats , fiber	Similar fats but ↑ sodium & variable calories
Culinary role	Ingredient; texture & structure	Condiment / spread / dip
Common preservation	Cool storage, controlled atmosphere	Acidulation (lime), packaging, preservatives

Source: <https://vsdiff.com/avocado-vs-guacamole/>