EVOLUTION OF THE CONTENT OF OIL AND UNSAPONIFIABLE COMPOUNDS IN HASS, FUERTE AND ISABEL AVOCADOS (*Persea americana* Mill.)

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Avocados have good oil quality and antioxidant properties which make them a healthy product. In the present test, the evolution and composition of oil were determined, as well as, unsaponifiable compounds: Beta-sitosterol and phytosterols, desmosterol, campesterol, epicoprostanol, comprostan 3-one and comprostan 3-ol in Hass, Fuerte and Isabel avocados. To do this, fruits of similar weight (150 and 200g) were collected every 15 days, from August to December for Hass, July to October for Fuerte and September to January for Isabel, determining in each sampling date the percentage of oil. When the varieties reached the minimum percentage of oil for harvest (9% in Hass, 10.36% in Fuerte and 11.8% in Isabel), the extraction of oil started for each variety, determining the composition of fatty acids and unsaponifiable compounds. The extraction of oil was done every 15 days, until the varieties reached their maximum percentage of oil (19% for Hass, 22% for Fuerte and 20% for Isabel). During the season it was concluded that in each variety, there was a development in the content of oil and fatty acids, such as palmitic, palmitoleic, stearic, linoleic, linolenic and oleic acids, with the last being found in greater proportion.