

Num.Nombre del alimento	Porción Comestible %	Humedad %	Fibra g	Energía Kcal	Hidratos de			Proteínas Totales g	Grasas Totales g	Colesterol mg	Acidos grasos			Minerales						Vitaminas								
					Carbono g	Totales g	Saturados Totales g				Monoinsa- turados (oléico) g	Poliinsa- turados (linoléico) g	Calcio mg	Fósforo mg	Hierro mg	Magnesio mg	Sodio mg	Potasio mg	Zinc mg	Retinol mcg	Acido		Ribofla- vina			Acido		Cobalamina mcg
																					Ascórbico mg	Tiamina mg	Niacina mg	Piridoxina mg	Fólico mcg			
CEREALES																												
127	Amaranto	100.00	12.30	6.70	358.00	65.10	12.90	7.20	0.00	---	---	---	247.00	500	3.40	---	---	---	---	0.00	0.00	0.14	0.32	1.00	---	---	---	
128	Amaranto tostado	100.00	4.30	10.00	386.00	71.10	13.50	8.20	0.00	---	---	---	292.00	517	1.60	---	---	---	---	0.00	0.00	0.00	0.32	1.10	---	---	---	
129	Arroz (harina de)	100.00	5.40	0.60	363.00	79.70	6.90	0.60	0.00	---	---	---	9.00	104	1.30	---	---	214.00	0.00	0.00	0.08	0.03	1.60	---	---	---	---	
130	Arroz inflado	100.00	2.50	2.80	396.00	88.60	6.40	0.40	0.00	---	---	---	18.00	---	2.50	42.00	734.00	95.00	1.66	0.00	4.00	0.40	0.10	7.10	0.16	11.00	0.29	
131	Arroz inflado con cocoa	100.00	2.50	0.90	387.00	88.80	5.30	1.40	---	---	---	---	18.00	---	6.30	33.00	765.00	148.00	5.30	440.00	---	1.30	1.50	17.60	1.80	353.00	0.00	
132	Arroz integral	100.00	12.00	4.10	360.00	77.40	7.50	1.90	0.00	---	---	---	32.00	231	1.60	106.00	9.00	214.00	0.20	0.00	0.00	0.34	0.05	4.70	0.30	---	---	
133	Arroz precocido	100.00	9.60	0.40	374.00	82.50	7.50	0.20	0.00	---	---	---	5.00	---	2.90	---	1.00	---	0.00	0.00	0.44	1.20	3.50	0.30	---	---	---	
134	Arroz pulido	100.00	11.20	1.90	364.00	78.80	7.40	1.00	0.00	---	---	---	10.00	104	1.10	28.00	9.00	214.00	0.02	0.00	0.23	0.03	1.60	0.30	6.00	0.00	---	
135	Avena (hojuelas)	100.00	6.30	6.60	385.00	67.00	16.20	6.30	0.00	1.16	2.21	2.44	52.00	264	4.20	148.00	4.00	350.00	3.07	0.00	0.00	0.73	0.14	0.80	0.12	32.00	---	
136	Cebada	100.00	10.50	6.50	348.00	75.40	9.70	1.90	0.00	---	---	---	55.00	341	4.50	124.00	---	---	---	0.00	0.00	0.38	0.20	7.20	---	---	---	
137	Cebada (perla)	100.00	12.10	0.50	344.00	76.20	9.50	1.00	0.00	---	---	---	12.00	181	2.10	37.00	3.00	160.00	---	0.00	0.00	0.27	0.06	4.80	---	---	---	
138	Centeno (pan de)	100.00	35.00	0.40	261.00	53.40	9.20	0.70	0.00	---	---	---	38.00	---	2.80	---	557.00	145.00	---	0.00	0.00	0.19	0.08	1.10	---	---	---	
139	Centeno (grano)2	100.00	11.00	2.00	334.00	73.40	12.10	1.70	0.00	---	---	---	38.00	376	3.70	115.00	---	---	---	0.00	0.00	0.43	0.22	1.60	---	---	---	
140	Centeno (harina integral de)	100.00	11.00	1.00	350.00	74.80	11.40	1.70	0.00	---	---	---	27.00	376	2.60	---	1.00	203.00	---	0.00	0.00	0.30	0.12	2.50	---	---	---	
141	Centeno (pan negro)	100.00	28.80	1.00	265.00	58.30	8.00	2.10	---	---	---	---	49.00	139	9.10	42.00	557.00	145.00	---	0.00	0.00	0.23	0.14	1.30	---	---	---	

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