

Num.	Nombre del alimento	Porción Comestible %	Humedad %	Fibra g	Energía Kcal	Acidos grasos					Minerales							Vitaminas									
						Hidratos de Carbono g	Proteínas Totales g	Grasas Totales g	Colesterol mg	Saturados Totales g	Monoinsaturados (oléico) g	Poliinsaturados (linoléico) g	Calcio mg	Fósforo mg	Hierro mg	Magnesio mg	Sodio mg	Potasio mg	Zinc mg	Retinol mcg	Acido Ascórbico mg	Tiamina mg	Riboflavina mg	Niacina mg	Piridoxina mg	Acido Fólico mcg	Cobalamina mcg
OLEAGINOSAS																											
318	Ajonjolí	100.00	3.90	6.30	558.00	13.30	22.40	50.90	0.00	7.10	19.70	21.60	727.00	629.00	9.50	181.00	60.00	725.00	7.75	1.00	0.00	1.24	0.24	5.00	---	---	0.00
319	Almendras *	98.00	4.70	7.20	551.00	3.90	22.50	54.60	0.00	4.10	36.00	11.00	497.00	520.00	2.40	270.00	4.00	773.00	---	0.00	0.00	0.71	0.28	0.70	0.10	96.00	0.00
320	Avellanas *	61.00	5.80	6.00	630.00	11.70	13.70	63.20	0.00	3.00	8.00	35.00	254.00	312.00	3.60	184.00	2.00	704.00	---	19.00	1.00	0.46	0.55	5.00	0.55	72.00	0.00
321	Cacahuete *o maní (tostado)	71.00	1.60	5.10	585.00	21.50	23.70	49.70	0.00	6.89	23.96	15.69	54.00	383.00	2.30	176.00	5.00	658.00	2.90	0.00	0.00	0.44	0.10	13.50	0.26	145.30	0.00
322	Cacao con cáscara	90.00	3.60	5.30	552.00	26.10	15.00	47.00	0.00	27.00	19.00	1.00	134.00	---	1.00	292.00	4.00	830.00	---	0.00	0.00	0.11	0.10	3.00	---	---	0.00
323	Cacao pataste	100.00	3.60	4.00	602.00	21.90	17.10	54.20	0.00	30.00	21.00	1.00	65.00	---	3.40	292.00	4.00	830.00	---	0.00	0.00	0.22	0.34	1.60	---	---	0.00
324	Cacao sin cáscara	100.00	4.60	4.50	556.00	21.10	16.00	49.50	0.00	27.00	19.00	1.00	85.00	---	3.10	292.00	4.00	830.00	---	0.00	0.00	0.27	0.11	0.60	---	---	0.00
325	Castaña cruda	62.00	56.80	1.30	169.00	32.50	4.40	1.50	0.00	0.22	0.77	0.40	42.00	---	3.80	41.00	6.00	454.00	---	20.00	14.00	0.25	0.10	3.50	0.33	0.00	0.00
326	Girasol (semillas peladas)	100.00	4.80	7.70	573.00	13.60	25.40	51.30	0.00	5.00	9.00	43.00	105.00	705.00	8.10	38.00	30.00	920.00	---	5.00	0.00	2.00	0.19	7.60	---	0.00	0.00
327	Nuez de castilla	45.00	3.50	2.00	664.00	13.20	13.70	67.20	0.00	5.60	14.20	39.00	92.00	---	3.30	131.00	2.00	450.00	3.20	18.00	0.00	0.27	0.51	3.00	0.73	66.00	0.00
328	Pasta o crema de cacahuete con grasa y sal	100.00	1.80	1.90	581.00	17.20	27.80	49.40	0.00	9.00	25.00	14.00	63.00	317.00	2.00	173.00	478.00	670.00	2.51	0.00	0.00	0.13	0.13	15.70	0.45	78.20	0.00
329	Pasta o crema de cacahuete desgrasada (1)	100.00	6.80	9.60	432.00	28.20	30.00	25.40	0.00	9.00	25.00	14.00	120.00	---	19.80	173.00	607.00	---	3.00	0.00	0.00	0.56	0.11	19.50	0.40	53.00	0.00
330	Piñón	30.00	3.10	1.10	634.00	16.80	15.30	61.30	0.00	6.00	8.00	35.00	14.00	---	4.40	---	---	---	---	10.00	1.00	0.76	0.24	9.80	0.73	66.00	0.00
331	Pistache	100.00	5.30	1.90	594.00	19.00	19.30	53.70	0.00	5.00	35.00	10.00	131.00	503.00	7.30	158.00	---	972.00	---	138.00	0.00	0.67	---	1.40	---	---	0.00
332	Semilla calabaza (pepita)	74.00	4.30	2.60	546.00	12.20	36.90	44.00	0.00	7.69	16.33	---	31.00	---	9.20	---	---	---	---	15.00	0.00	0.14	0.15	2.20	---	---	0.00
333	Semilla calabaza	74.00	4.90	2.20	547.00	14.40	30.30	45.80	0.00	8.00	17.00	20.00	38.00	---	9.20	---	---	---	---	15.00	0.00	0.23	0.16	2.90	---	---	0.00
334	Semilla calabaza menuda	74.00	7.70	5.00	442.00	20.30	36.00	28.00	0.00	4.87	10.36	12.18	35.00	725.00	1.10	---	---	---	---	0.00	0.00	0.13	0.12	2.20	---	---	0.00

GIMNASIO NUEVO JORDAN
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