

Num.	Nombre del alimento	Porción Comestible %	Humedad %	Fibra g	Energía Kcal	Ácidos 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	Ácido Ascórbico mg	Tiamina mg	Riboflavina mg	Niacina mg	Piridoxina mg	Ácido Fólico mcg	Cobalamina mcg	Ácido Linoléico g	Ácido Eicosapentanoico g	Ácido Docosahexanoico g
<b>PESCADOS Y MARISCOS</b>																														
335	Bagre	50.00	78.00	0.00	103.00	0.00	17.60	2.70	75.00	0.60	1.00	0.80	32.00	194.00	0.40	---	60.00	330.00	0.80	---	0.00	0.04	0.03	1.70	---	---	---	0.10	0.20	0.20
336	Bonito	51.00	67.60	0.00	168.00	0.00	24.00	7.30	---	---	---	---	26.00	258.00	0.70	---	40.00	293.00	0.30	---	0.00	0.02	0.05	12.80	---	---	---	---	---	---
337	Boquerón crudo	80.00	71.10	0.00	112.00	0.00	17.70	4.80	---	1.30	1.20	1.60	566.00	2629.00	1.20	---	---	---	0.50	0.00	0.00	0.01	0.15	1.90	0.48	8.00	28.00	---	0.50	0.90
338	Boquerón frito	95.00	58.60	0.00	176.00	0.30	19.20	10.30	---	---	---	---	168.00	---	---	---	---	---	1.80	0.00	0.00	---	---	---	---	---	---	---	---	---
339	Boquilla	51.00	79.80	0.00	95.00	0.00	19.50	0.20	---	---	---	---	10.00	167.00	0.00	---	---	---	---	---	0.00	0.03	0.03	2.20	---	---	---	---	---	---
340	Cabrilla	51.00	79.60	0.00	87.00	0.00	20.10	0.10	---	---	---	---	15.00	183.00	0.00	---	---	---	---	---	0.00	0.05	0.05	1.10	---	---	---	---	---	---
341	Carpa	---	77.80	0.00	115.00	0.00	18.00	5.60	67.00	1.10	2.30	1.40	50.00	165.00	0.90	---	50.00	286.00	5.00	51.00	0.00	0.01	0.04	1.50	---	13.00	1.00	0.30	0.20	0.10
342	Cazón	54.00	72.30	0.00	165.00	0.00	17.60	10.20	52.00	2.20	4.20	2.70	---	141.00	---	---	---	---	0.50	---	0.00	0.05	0.04	2.40	---	---	---	0.10	0.70	1.20
343	Cherna	54.00	79.80	0.00	87.00	0.00	19.30	0.80	---	0.20	0.10	0.20	7.00	167.00	---	---	---	---	0.30	50.00	0.00	0.11	0.37	1.40	---	---	---	---	0.01	0.20
344	Charales frescos	90.00	54.70	0.00	173.00	2.90	25.30	5.90	---	---	---	---	2360.00	1512.00	---	---	---	---	---	---	0.00	0.02	0.56	2.90	---	---	---	---	---	---
345	Charales secos	80.00	5.20	0.00	327.00	0.00	68.30	3.90	---	---	---	---	4005.00	2614.00	---	---	---	---	---	---	0.00	0.67	0.19	5.80	---	---	---	---	---	---
346	Huachinango	51.00	78.30	0.00	91.00	0.00	20.10	1.20	25.00	0.20	0.20	0.40	14.00	184.00	0.60	28.00	---	---	0.20	---	0.00	0.08	0.05	1.80	---	---	---	0.01	0.01	0.20
347	Gurrubata	51.00	79.20	0.00	105.00	0.00	17.80	3.20	61.00	1.10	1.20	0.50	---	---	---	---	87.00	234.00	0.70	18.00	0.00	0.12	0.08	5.50	---	---	---	0.05	0.10	0.10
348	Isabelita	52.00	79.70	0.00	88.00	0.00	20.30	0.20	---	---	---	---	12.00	138.00	---	---	---	---	---	---	0.00	0.31	0.44	4.60	---	---	---	---	---	---
349	Jorobado	51.00	77.80	0.00	101.00	0.00	20.60	1.40	---	---	---	---	13.00	150.00	---	---	---	---	---	---	0.00	0.08	0.07	2.10	---	---	---	---	---	---
350	Lenguado (todas las variedades)	45.00	81.30	0.00	79.00	0.00	16.70	1.00	46.00	0.20	0.30	0.30	12.00	303.00	0.80	29.00	78.00	342.00	0.50	10.00	0.00	0.05	0.05	1.70	---	11.00	9.00	0.01	0.10	0.10
351	Lisa	51.00	72.60	0.00	146.00	0.00	19.60	3.70	49.00	1.20	1.10	1.10	26.00	173.00	1.80	32.00	81.00	292.00	0.60	---	0.00	0.07	0.08	5.20	---	---	---	0.10	0.30	0.20
352	Mero	51.00	81.10	0.00	78.00	0.00	18.00	2.30	32.00	0.30	0.80	0.70	10.00	200.00	0.50	20.00	54.00	449.00	0.40	132.00	0.00	0.10	0.05	2.40	---	---	---	0.10	0.10	0.30
353	Mojarra	50.00	77.30	0.00	106.00	0.00	19.20	2.70	---	---	---	---	15.00	260.00	3.70	---	---	---	---	---	5.00	0.00	0.06	0.05	5.40	---	---	---	---	---
354	Pampano	50.00	75.50	0.00	170.00	0.00	19.10	9.50	50.00	3.50	2.60	1.10	17.00	137.00	---	---	47.00	191.00	0.50	---	---	0.56	0.12	3.00	---	---	---	---	0.20	0.40
355	Pargo	51.00	75.70	0.00	109.00	0.00	21.10	2.10	---	0.20	0.20	0.40	17.00	204.00	0.80	---	67.00	323.00	0.70	---	0.00	0.09	0.06	2.50	---	---	---	0.05	0.05	0.20
356	Róbalo	51.00	78.50	0.00	94.00	0.00	20.00	1.00	---	---	---	---	15.00	204.00	0.60	---	---	---	---	0.00	0.00	0.35	0.07	0.90	---	---	---	---	---	---
357	Sargo	50.00	75.90	0.00	113.00	0.00	20.60	2.40	44.00	0.60	0.70	0.50	---	---	---	---	101.00	234.00	0.70	---	0.00	---	---	---	---	---	---	0.05	0.10	0.10
358	Sierra	55.00	74.70	0.00	208.00	0.00	19.40	13.90	80.00	3.60	5.40	3.70	5.00	238.00	1.00	---	---	---	---	135.00	0.00	0.06	0.21	5.80	---	---	---	0.10	0.90	1.60
359	Trucha	46.00	70.60	0.00	168.00	0.00	18.30	10.00	48.00	1.70	3.60	3.40	12.00	152.00	1.00	25.00	70.00	380.00	0.50	---	0.00	0.05	0.05	2.80	---	13.00	1.00	0.40	0.50	1.10
360	Almejas sin concha	100.00	80.80	0.00	82.00	1.30	14.00	0.70	31.00	0.20	0.10	0.10	---	168.00	3.40	51.00	36.00	235.00	1.70	---	0.00	---	---	---	---	---	---	---	0.01	---
361	Calamar fresco	80.00	80.20	0.00	84.00	1.50	16.40	1.10	---	0.30	0.10	0.40	12.00	119.00	0.50	---	---	---	4.00	---	0.00	0.02	0.12	---	---	---	---	0.01	0.10	0.20
362	Camarones crudos	40.00	78.20	0.00	91.00	1.50	18.10	1.30	128.00	0.40	0.30	0.30	63.00	230.00	1.60	42.00	140.00	220.00	1.50	---	0.00	0.02	0.03	3.20	---	---	---	0.01	0.10	0.10
363	Camarón cocido	100.00	74.60	0.00	109.00	0.00	23.20	1.10	147.00	0.20	0.10	0.40	144.00	136.00	5.80	51.00	2300.00	122.00	0.21	18.00	0.00	0.01	0.04	1.10	---	---	---	0.01	0.20	0.10
364	Camarón seco salado	90.00	4.80	0.00	293.00	5.00	83.00	2.20	---	---	---	---	684.00	779.00	4.90	---	---	---	---	0.00	0.00	0.10	0.08	7.20	---	---	---	---	---	---
365	Huevo de pescado (promedio)	100.00	0.00	0.00	135.00	2.60	20.90	3.80	---	---	---	---	85.00	274.00	0.80	---	---	---	---	---	0.00	0.04	0.19	0.00	---	---	---	---	---	---
366	Jaiba cocida	54.00	78.50	0.00	93.00	0.50	17.30	1.30	78.00	0.20	0.20	0.50	43.00	140.00	0.80	34.00	41.00	265.00	4.30	651.00	0.00	0.16	0.08	2.80	---	---	---	0.01	0.20	0.20
367	Jaiba (carne de)	100.00	77.20	0.00	101.00	1.10	17.40	2.50	150.00	0.30	0.30	0.90	45.00	---	0.80	34.00	1000.00	110.00	4.30	---	0.00	0.08	0.08	1.90	---	---	---	0.02	0.30	0.30
368	Langosta cruda	40.00	79.20	0.00	90.00	0.50	16.20	0.90	200.00	0.20	0.20	0.20	40.00	184.00	0.50	22.00	---	300.00	1.80	---	0.00	0.40	0.05	1.50	---	17.00	1.00	0.20	---	---
369	Langostino	---	82.50	0.00	72.00	1.20	14.60	1.40	158.00	0.30	0.40	0.30	7.70	215.00	1.50	22.00	1600.00	366.00	1.80	---	---	0.08	15.00	2.40	---	17.00	1.00	0.01	0.10	0.01
370	Ostiones sin concha	100.00	81.80	0.00	79.00	4.90	9.40	2.30	38.00	0.50	0.40	0.90	91.00	76.00	6.30	32.00	200.00	175.00	74.70	---	5.00	0.13	0.09	1.90	---	---	---	0.01	0.40	---
371	Pescado seco tipo bacalao	90.00	12.30	0.00	374.00	0.00	81.80	0.70	37.00	0.10	0.10	0.30	50.00	---	3.60	---	8100.00	160.00	2.00	---	0.00	0.08	0.45	10.90	---	---	5.00	0.01	0.10	0.20
372	Pescado seco tipo charal	69.00	---	0.00	223.00	0.00	46.60	3.90	---	---	---	---	184.00	---	1.80	---	---	---	---	0.00	0.00	0.09	0.18	4.60	---	---	---	---	---	---
373	Pulpo crudo	80.00	82.40	0.00	62.00	0.00	12.60	1.00	---	0.30	0.10	0.30	39.00	109.00	2.50	---	89.00	274.00	1.70	---	0.00	0.02	0.07	1.30	---	13.00	2.00	---	0.10	0.10
374	Tortuga (carne fresca)	100.00	78.50	0.0	89.00	0.00	19.80	0.50	---	---	---	---	---	---	---	---	---	---	1.00	---	0.00	---	---	---	---	---	---	---	---	---
<b>PESCADOS ENLATADOS</b>																														
375	Atún en aceite	100.00	60.60	0.00	228.00	0.00	24.20	20.50	55.00	5.00	4.00	8.00	7.00	294.00	1.20	23.00	800.00	301.00	0.40	6.00	0.00	0.04	0.10	11.10	0.44	1				