

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	
ALIMENTOS PROCESADOS O PREPARADOS																												
379	Aceitunas	84.00	73.00	1.50	184.00	3.20	1.20	20.10	0.00	2.00	15.00	1.00	106.00	17.00	1.70	---	2400.00	55.00	0.12	180.00	---	---	---	---	---	---		
380	Champiñones	100.00	86.10	2.30	24.00	4.90	1.90	0.30	0.00	0.04	0.01	0.11	12.00	68.00	0.80	---	400.00	197.00	0.72	0.00	0.07	0.37	2.30	12.30	0.00	0.00		
381	Chicharo enlatado	100.00	73.00	2.70	95.00	14.50	5.40	0.40	0.00	0.07	0.04	0.15	25.00	67.00	1.30	33.00	236.00	244.00	1.24	47.00	12.00	0.09	0.05	0.70	0.17	65.20	0.00	
382	Chile chipotle adobado	100.00	84.50	2.90	49.00	3.50	1.40	4.00	---	---	---	---	51.00	---	2.70	---	236.00	96.00	---	118.00	4.00	0.03	0.09	0.90	---	---	---	
383	Chile jalapeño en escabeche	98.00	86.90	1.60	41.00	1.90	0.90	0.60	0.00	0.06	0.03	0.31	26.00	---	2.80	12.00	1463.00	136.00	0.19	104.00	4.00	0.05	0.01	0.50	---	---	---	
384	Chile jalapeño en rajas	100.00	89.90	100.00	16.00	3.30	0.40	0.40	0.00	0.06	0.03	0.31	40.00	---	2.80	12.00	1463.00	136.00	0.19	16.00	14.00	0.04	0.01	0.20	---	---	---	
385	Chile largo en escabeche	98.00	82.20	4.80	34.00	7.30	0.90	0.70	0.00	---	---	---	41.00	---	0.40	12.00	---	---	---	9.00	15.00	0.07	0.03	0.40	---	---	---	
386	Chile pimiento sin semilla	100.00	94.00	0.70	25.00	5.30	0.90	0.50	0.00	0.07	0.03	0.22	31.00	---	1.50	12.00	---	---	---	90.00	8.00	0.03	0.03	0.30	0.16	16.90	0.00	
387	Chile serrano en escabeche	95.00	88.00	1.50	35.00	5.30	0.80	0.10	0.00	0.01	0.01	0.05	43.00	---	2.80	---	---	---	---	12.00	7.00	0.04	0.02	0.40	---	---	---	
388	Chocolate con azúcar	100.00	1.00	0.10	459.00	75.10	3.80	16.80	0.00	8.70	5.64	0.43	46.00	150.00	2.80	---	33.00	615.00	---	0.00	0.00	0.05	0.09	0.50	---	---	---	
389	Chocolate sin azúcar	100.00	1.80	1.80	403.00	40.60	13.80	38.70	0.00	20.00	13.00	1.00	134.00	284.00	4.30	---	3.00	615.00	---	0.00	0.00	0.16	0.09	2.10	---	---	---	
390	Chocolate en polvo (+)	100.00	1.90	1.50	403.00	73.20	12.80	6.50	0.00	3.70	2.45	0.02	576.00	---	2.80	---	94.00	384.00	---	---	0.00	1.70	1.33	12.80	---	---	---	
391	Chocolate con leche	100.00	3.10	---	392.00	73.90	9.40	10.60	---	6.00	4.00	0.01	275.00	---	1.40	---	382.00	605.00	---	18.00	0.00	0.08	0.41	0.50	---	---	---	
392	Chocolate en polvo (-)	100.00	1.50	1.30	397.00	84.20	7.10	3.40	0.00	1.90	1.28	0.01	275.00	---	1.40	---	382.00	605.00	---	---	0.00	0.08	0.41	0.50	---	---	---	
393	Ciruela pasa	90.00	2.50	2.20	338.00	89.10	3.70	0.70	0.00	0.06	0.48	0.16	72.00	79.00	3.50	64.00	5.00	1058.00	0.75	176.00	0.00	0.12	0.17	3.00	0.74	1.90	0.00	
394	Ciruela pasa (jugo)	100.00	81.20	0.10	71.00	17.40	0.60	0.10	0.00	0.01	0.02	0.01	12.00	20.00	1.20	14.00	4.00	276.00	0.21	0.00	4.00	0.02	0.07	0.80	---	0.40	---	
395	Ciruela pasa puré	100.00	65.10	0.60	124.00	32.90	1.10	0.20	0.00	0.02	0.14	0.04	21.00	33.00	1.00	19.00	2.00	312.00	0.22	29.00	2.00	0.02	0.09	0.70	0.20	0.10	0.00	
396	Cocteles de frutas en almibar	100.00	80.20	0.60	73.00	19.10	0.30	0.10	0.00	0.01	0.01	0.03	6.00	13.00	0.30	5.00	6.00	80.00	0.07	50.00	2.00	0.02	0.02	0.30	0.03	---	0.00	
397	Dátil seco sin semilla	100.00	22.50	7.60	275.00	73.50	1.90	0.40	0.00	0.00	0.00	0.00	32.00	29.00	1.20	35.00	3.00	652.00	0.29	5.00	0.00	0.09	0.10	2.20	0.19	12.60	0.00	
398	Durazno em almibar (sin semilla)	100.00	66.10	0.30	121.00	33.20	0.10	0.30	0.00	0.01	0.01	0.01	16.00	13.00	0.30	5.00	8.00	83.00	0.09	6.00	3.00	0.01	0.01	0.50	0.02	3.10	0.00	
399	Elote rebanado (amarillo)	100.00	76.90	0.20	81.00	18.60	2.60	1.00	0.00	0.15	0.29	0.46	9.00	48.00	0.80	---	236.00	97.00	0.39	210.00	0.00	0.03	0.01	0.70	---	---	0.00	
400	Fresas en almibar	100.00	73.30	0.60	92.00	23.50	0.60	0.30	0.00	0.01	0.04	0.08	13.00	14.00	0.40	8.00	4.00	86.00	0.09	1.00	0.00	0.02	0.03	0.10	0.05	28.00	0.00	
401	Gelatina con agua	100.00	81.40	0.00	70.00	15.00	2.80	0.00	---	---	---	---	0.00	0.00	0.00	---	0.00	0.00	---	---	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
402	Gelatina en polvo endulzado	100.00	1.10	0.00	352.00	88.00	9.70	0.00	---	---	---	---	---	0.00	---	---	318.00	---	---	0.00	0.00	---	---	---	0.00	0.00	0.00	0.00
403	Grenetina en polvo	100.00	1.60	0.00	402.00	0.00	94.00	0.10	---	---	---	---	453.00	0.00	0.00	0.00	---	---	---	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
404	Hamburguesa picada (regular) frita	100.00	54.20	0.00	286.00	0.00	24.20	20.30	87.00	10.00	9.00	0.62	11.00	---	3.20	21.00	83.00	450.00	5.20	---	0.00	0.03	0.19	5.70	0.27	9.00	2.90	
405	Hamburguesa picada frita	100.00	60.00	0.00	219.00	0.00	27.40	11.30	70.00	5.00	4.00	0.45	12.00	---	3.50	25.00	48.00	558.00	0.00	6.00	0.00	0.09	0.23	6.00	0.00	0.00	0.00	
406	Helado de crema	100.00	80.00	0.00	133.00	17.20	3.30	5.90	---	2.00	2.00	0.05	82.00	124.00	0.00	---	---	---	---	80.00	5.00	0.03	0.11	0.10	---	---	---	
407	Higo en almibar	100.00	76.40	1.00	370.00	22.90	0.60	0.20	0.00	0.02	0.02	0.04	68.00	14.00	0.30	10.00	1.00	97.00	0.11	9.00	3.00	0.01	0.01	0.10	---	---	---	
408	Jalea de frutas (promedio)	100.00	1.10	---	312.00	80.30	0.10	0.10	---	---	---	---	15.00	---	2.90	---	---	---	---	0.00	0.00	0.01	0.01	0.10	---	---	---	
409	Jalea real	100.00	64.50	0.40	148.00	19.80	11.10	2.70	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	
410	Jitomate (jugo)	100.00	92.20	0.30	24.00	5.40	0.80	0.30	0.00	---	---	---	9.00	18.00	0.60	11.00	361.00	220.00	0.14	39.00	8.00	0.11	0.03	0.90	0.11	19.90	0.00	
411	Jitomate (puré)	100.00	87.00	0.40	40.00	10.10	1.30	0.10	0.00	0.02	0.02	0.04	22.00	34.00	0.70	24.00	420.00	420.00	0.22	63.00	22.00	0.07	0.05	1.70	0.15	---	0.00	
412	Jitomate (salsa)	100.00	84.20	0.50	45.00	10.10	2.60	0.30	---	---	---	---	19.00	---	2.20	19.00	1042.00	363.00	0.40	106.00	10.00	0.07	0.06	1.30	---	---	---	
413	Jitomate salsa catsup	100.00	68.60	0.50	106.00	25.40	2.00	0.40	---	---	---	---	22.00	50.00	0.80	19.00	1042.00	363.00	0.40	105.00	15.00	0.09	0.07	1.60	---	---	---	
414	Mango en almibar (enlatado)	100.00	74.10	0.20	92.00	24.60	0.50	0.20	---	---	---	---	16.00	---	0.80	---	---	---	---	52.00	32.00	0.05	0.02	0.40	---	---	---	
415	Manzana (jugo)	100.00	87.80	0.10	50.00	13.80	0.00	0.10	0.00	0.02	0.01	0.03	6.00	---	0.40	3.00	3.00	119.00	0.03	0.00	0.09	0.02	0.10	0.03	0.10	0.00	0.00	
416	Manzana (mermelada)	100.00	37.10	0.60	209.00	57.40	0.40	0.10	0.00	0.03	0.01	0.04	10.00	---	0.40	3.00	1.00	65.00	0.04	1.00	3.00	0.01	0.01	0.10	0.03	0.60	0.00	
417	Manzana (puré)	100.00	79.60	0.50	76.00	19.90	0.20	0.20	0.00	0.03	0.01	0.04	4.00	7.00	0.30	3.00	3.00	61.00	0.04	1.00	1.00	0.01	0.03	0.20	0.03	0.60	0.00	
418	Manzana en almibar (enlatada)	100.00	55.90	*2,20	227.00	63.00	0.20	0.10	0.00	0.08	0.02	0.12	4.00	5.00	0.20	4.00	3.00	68.00	0.03	5.00	2.00	0.01	0.00	0.10	0.04	0.30	0.00	
419	Mayonesa (comercial)	100.00	15.20	0.00	725.00	4.60	1.10	77.80	260.00	12.50	48.00	14.40	18.00	28.00	0.50	7.00	597.00	34.00	0.40	84.00	0.00	0.01	0.02	0.00	---	14.00	1.00	
420	Membrillo (jalea)	100.00	17.80	1.60	312.00	80.30	0.10	0.10	---	---	---	---	15.00	---	2.90	---	---	---	---	0.00	0.00	0.00	0.01	0.10	---	---	---	
421	Mermelada promedio	100.00	38.00	0.50	259.00	60.00	0.50	0.30	---																			

424	Naranja (mermelada)	100.00	20.70	20.10	213.00	57.40	0.80	0.40	---	---	---	---	53.00	---	1.90	---	14.00	33.00	---	1.00	5.00	0.06	0.04	0.20	---	---	---
425	Néctar de fruta	100.00	42.00	0.00	51.00	14.10	0.10	0.00	0.00	0.00	0.00	0.00	5.00	---	0.20	4.00	7.00	40.00	0.08	26.00	5.00	0.00	0.01	0.30	---	---	---
426	Néctares de fruta	100.00	42.00	0.50	223.00	50.70	4.10	1.30	0.00	0.00	0.00	0.00	51.00	---	1.30	0.00	5.00	942.00	0.06	288.00	229.00	0.39	0.12	1.70	0.00	0.00	0.00
427	Nieve de frutas	100.00	66.90	0.00	97.00	24.20	0.50	0.20	---	---	---	---	36.00	---	1.10	---	0.00	3.00	---	1.00	9.00	0.02	0.02	0.30	---	---	---
428	Hojuelas de papas	100.00	2.50	1.40	523.00	51.80	6.40	35.40	0.00	9.07	5.95	18.03	40.00	139.00	1.80	---	1000.00	1130.00	1.06	0.00	0.00	0.14	0.02	4.10	0.51	45.20	0.00
429	Papas fritas	100.00	2.20	1.20	522.00	53.30	6.70	34.50	0.00	8.83	5.80	17.56	44.00	139.00	1.80	---	1000.00	1130.00	0.99	0.00	0.00	0.21	0.07	4.80	0.32	39.50	0.00
430	Papas fritas a la francesa	100.00	37.90	1.00	315.00	36.00	4.00	16.60	0.00	5.00	3.08	7.55	19.00	111.00	0.80	34.00	216.00	732.00	0.38	0.00	0.00	0.18	0.03	3.20	0.24	29.00	0.00
431	Papas hojuelas para puré	100.00	5.80	3.10	361.00	82.80	7.90	0.60	0.00	0.16	0.01	0.20	35.00	173.00	1.10	98.00	137.00	662.00	0.86	0.00	0.00	0.67	0.11	6.00	---	40.40	0.00
432	Pasas sin semilla	100.00	17.40	2.30	315.00	77.00	3.00	3.30	---	---	---	---	79.00	101.00	3.20	---	---	---	---	3.00	0.00	0.05	0.10	1.60	---	---	---
433	Pepinillo escurtido	98.00	94.10	0.60	11.00	1.50	0.60	0.50	---	---	---	---	61.00	---	1.50	---	1353.00	200.00	---	4.00	3.00	0.01	0.02	0.10	---	---	---
434	Peras en almibar	100.00	74.30	0.60	97.00	25.20	0.20	0.10	0.00	0.01	0.02	0.03	5.00	7.00	0.20	4.00	5.00	64.00	0.08	0.00	1.00	0.01	0.02	0.20	0.01	1.20	---
435	Piña (jugo embotellado ó enlatado)	100.00	80.40	0.00	52.00	13.90	0.30	0.10	0.00	0.01	0.01	0.02	17.00	9.00	0.30	13.00	1.00	134.00	0.11	0.00	---	0.02	0.02	0.10	0.10	23.10	0.00
436	Piña en almibar	100.00	69.00	0.30	110.00	29.80	0.40	0.20	0.00	0.01	0.01	0.02	27.00	5.00	1.40	15.00	1.00	102.00	0.11	3.00	4.00	0.04	0.02	0.30	0.07	4.60	0.00
437	Pollo rostizado	56.00	53.50	0.00	290.00	0.00	25.20	22.80	---	7.00	9.00	5.00	10.00	220.00	1.90	---	---	---	0.78	207.00	---	0.07	0.22	7.40	---	---	---
438	Queso de tuna	100.00	17.20	---	289.00	79.00	1.30	---	---	---	---	---	51.00	---	13.00	---	---	---	---	11.00	88.00	0.20	0.20	1.50	---	---	---

439	Toronja (jugo embotellado)	100.00	87.30	0.00	46.00	11.10	0.60	0.10	0.00	0.01	0.01	0.02	81.00	15.00	0.40	10.00	2.00	162.00	0.06	0.00	21.00	0.03	0.01	0.20	0.02	10.40	0.00
440	Uchepo con leche	100.00	54.50	0.90	171.00	39.70	2.20	1.00	---	---	---	---	65.00	---	0.40	---	---	---	---	0.00	0.00	0.10	0.09	0.70	---	---	---
441	Uchepo dulce	100.00	60.40	1.00	130.00	34.40	2.70	0.80	---	---	---	---	32.00	---	1.00	---	---	---	---	0.00	0.00	0.15	0.09	1.20	---	---	---
442	Uchepo salado	100.00	54.50	0.50	116.00	27.30	5.00	0.80	---	---	---	---	32.00	---	2.10	---	---	---	---	0.00	0.00	0.15	0.09	1.00	---	---	---
443	Uva (jugo embotellado)	100.00	82.40	0.00	63.00	15.00	0.30	0.00	0.00	0.02	0.01	0.02	9.00	12.00	0.20	10.00	3.00	132.00	0.05	1.00	2.00	0.01	0.01	0.10	0.02	2.60	0.00
444	Verduras (jugo coctel)	100.00	93.60	0.30	19.00	4.10	0.80	0.10	0.00	0.01	0.01	0.04	11.00	22.00	0.40	11.00	365.00	193.00	0.20	117.00	27.00	0.04	0.03	0.70	0.14	0.00	0.00

ALIMENTOS INFANTILES ENVASADOS

CEREALES

445	Arroz precocido	100.00	7.20	0.50	371.00	80.00	6.60	1.60	---	---	---	---	858.00	734.00	50.20	---	530.00	208.00	1.98	0.00	0.00	2.56	1.24	19.70	---	---	---
446	Hojuelas de avena (precocida)	100.00	7.00	1.50	375.00	66.00	16.50	5.50	---	---	---	---	757.00	---	48.20	---	437.00	374.00	3.69	0.00	0.00	2.58	1.05	21.30	---	---	---
447	Hojuelas de cereales con plátano	100.00	4.50	0.90	391.00	77.10	10.70	4.60	---	---	---	---	690.00	---	67.60	90.00	118.00	668.00	1.40	12.00	3.00	3.78	3.56	20.50	0.41	---	0.24

COLADOS DE CARNE

448	Cordero	100.00	80.30	0.00	103.00	0.00	14.10	4.70	---	2.31	1.78	0.13	7.00	---	1.50	13.00	62.00	205.00	2.76	26.00	1.00	0.02	0.20	2.90	0.15	2.30	2.19
449	Hígado	100.00	79.30	0.00	101.00	1.40	14.30	3.80	---	1.37	0.69	0.22	4.00	---	5.30	13.00	74.00	227.00	2.98	11452.00	10.00	0.05	1.81	8.30	0.34	337.40	2.16
450	Pollo	100.00	77.50	---	130.00	0.10	13.70	7.90	---	2.03	3.25	1.85	64.00	129.00	1.40	13.00	47.00	141.00	1.21	40.00	2.00	0.01	0.15	3.30	0.20	10.40	---
451	Res	100.00	80.60	0.00	107.00	0.00	13.60	5.40	---	2.58	1.91	0.09	7.00	127.00	1.50	17.00	81.00	220.00	2.46	55.00	0.00	0.01	0.14	2.80	0.14	5.50	1.42
452	Ternera	100.00	80.90	0.10	101.00	0.00	13.50	4.80	---	2.29	1.79	0.10	7.00	130.00	1.30	12.00	64.00	216.00	2.00	14.00	2.00	0.02	0.16	3.60	0.15	5.90	---

PURES

453	Macarrones con pollo	100.00	88.50	0.30	52.00	7.50	2.10	1.50	---	---	---	---	22.00	30.00	0.50	9.00	16.00	39.00	0.30	112.00	1.00	0.03	0.05	0.40	0.03	5.40	---
454	Verduras (chicharo)	100.00	87.50	1.20	40.00	8.10	3.50	0.30	0.00	0.00	0.00	0.00	20.00	---	0.90	15.00	4.00	112.00	0.35	56.00	7.00	0.08	0.06	1.00	0.07	25.90	---
455	Verduras (zanahoria)	100.00	92.30	0.80	27.00	6.00	0.80	0.10	0.00	0.00	0.00	0.00	22.00	---	0.40	9.00	37.00	196.00	0.15	1146.00	6.00	0.02	0.04	0.50	0.07	14.90	---
456	Verduras con carne de res	100.00	88.50	0.20	53.00	7.00	2.00	2.00	---	---	---	---	12.00	39.00	0.40	5.00	21.00	101.00	0.33	171.00	1.00	0.02	0.03	0.50	0.05	4.70	0.25
457	Verduras con cordero	100.00	88.60	0.30	52.00	6.90	2.00	2.00	---	---	---	---	12.00	37.00	0.40	7.00	20.00	94.00	0.22	283.00	1.00	0.02	0.03	0.50	0.05	3.60	0.16

458	Verduras con hígado	100.00	90.00	0.20	39.00	6.90	2.20	0.40	---	---	---	---	7.00	57.00	2.20	0.00	18.00	94.00	---	735.00	2.00	0.02	0.27	1.20	0.08	28.70	---
459	Verduras con jamón	100.00	89.20	0.20	48.00	6.90	1.80	1.70	---	---	---	---	8.00	---	0.30	5.00	12.00	85.00	0.19	95.00	2.00	0.03	0.03	0.40	0.03	4.90	---
460	Verduras con pavo	100.00	90.10	0.20	42.00	6.60	1.70	1.20	---	---	---	---	16.00	---	0.30	---	13.00	44.00	0.23	112.00	1.00	0.01	0.02	0.30	0.03	2.60	---
461	Verduras con pollo	100.00	90.00	0.20	43.00	6.60	1.90	1.10	---	---	---	---	14.00	---	0.30	---	11.00	30.00	---	137.00	1.00	0.01	0.02	0.20	0.02	3.20	---
462	Verduras con tocino	100.00	85.90	0.40	69.00	8.60	1.60	3.30	3.00	1.19	1.47	0.33	14.00	28.00	0.40	---	43.00	89.00	---	298.00	1.00	0.03	0.03	0.50	0.08	9.20	0.10

463	Verduras mixtas	100.00	88.70	---	41.00	9.50	1.20	0.10	0.00	0.00	0.00	0.00	22.00	---	0.30	---	8.00	121.00	0.14	273.00	3.00	0.02	0.03	0.50	---	8.00	---
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PURÉS DE FRUTA

464	Chabacano con tapioca	100.00	83.10	0.30	60.00	16.30	0.30	0.00	0.00	0.00	0.00	0.00	9.00	---	0.30	4.00	8.00	121.00	0.04	72.00	2.00	0.01	0.01	0.20	0.03	1.50	---
465	Ciruela pasa con tapioca	100.00	80.30	0.30	70.00	18.50	0.60	0.10	---	---	---	---	15.00	21.00	0.40	10.00	5.00	177.00	0.09	45.00	1.00	0.02	0.08	0.50	0.08	0.20	---
466	Durazno	100.00	80.10	0.70	71.00	18.90	0.50	0.20	0.00	0.00	0.00	0.00	6.00	14.00	0.20	6.00	6.00	162.00	0.09	16.00	3.00	0.01	0.03	0.60	0.02	3.90	---
467	Guayaba con tapioca	100.00	81.20	1.00	67.00	18.30	0.30	0.00	0.00	0.00	0.00	0.00	7.00	---	0.20	2.00	2.00	73.00	0.08	30.00	75.00	0.01	0.07	0.40	0.04	0.00	0.00
468	Mango con tapioca	100.00	77.70	0.20	80.00	21.60	0.30	0.20	---	---	---	---	4.00	---	0.10	4.00	4.00	59.00	0.06	67.00	2.00	0.02	0.03	0.20	0.12	---	---

469	Manzana	100.00	79.90	---	72.00	19.60	0.40	0.00	0.00	0.00	0.00	19.00	---	0.20	---	10.00	50.00	0.03	2.00	---	0.01	0.04	0.10	---	0.40	---	
470	Manzana (jugo)	100.00	88.00	---	47.00	11.70	0.00	0.10	---	---	---	4.00	9.00	0.60	3.00	3.00	91.00	0.03	2.00	3.00	0.01	0.02	0.10	0.03	0.10	---	
471	Manzana y chabacano	100.00	87.70	0.70	45.00	11.60	0.20	0.20	0.00	0.00	0.00	6.00	---	0.30	4.00	3.00	120.00	0.04	39.00	2.00	0.01	0.03	0.10	0.03	1.30	---	
472	Naranja (jugo)	100.00	88.50	0.00	44.00	10.20	0.60	0.30	0.00	0.00	0.00	12.00	---	0.20	9.00	1.00	184.00	0.06	6.00	62.00	0.04	0.03	0.20	0.05	26.40	0.00	
473	Purè de pera	100.00	88.40	---	41.00	10.80	0.30	0.20	---	---	---	8.00	8.00	0.20	8.00	2.00	130.00	0.08	3.00	2.00	0.01	0.03	0.20	0.01	3.60	---	
474	Purè de pera y piña	100.00	88.50	0.30	41.00	10.90	0.30	0.10	0.00	0.00	0.00	10.00	12.00	0.20	7.00	4.00	116.00	0.07	3.00	2.00	0.02	0.03	0.20	0.02	2.80	---	
475	Platano y piña con tapioca	100.00	81.10	0.20	68.00	18.40	0.20	0.10	---	---	---	7.00	---	0.10	6.00	8.00	78.00	0.03	4.00	2.00	0.02	0.02	0.20	0.09	5.50	---	
Purès con 6% a 8% de proteínas																											
476	Carne de res con verduras	100.00	85.40	0.20	75.00	4.20	5.70	4.20	---	---	---	12.00	84.00	0.70	8.00	36.00	140.00	1.30	110.00	2.00	0.03	0.07	1.30	0.09	5.70	0.51	
477	Jamón con verduras	100.00	84.10	0.20	76.00	5.50	6.30	3.50	---	1.18	1.46	0.45	11.00	---	0.60	9.00	22.00	155.00	1.00	41.00	2.00	0.10	0.08	1.40	0.11	6.30	0.27
478	Pavo con verduras	100.00	83.00	0.10	87.00	6.00	6.00	4.80	---	---	---	62.00	63.00	0.70	8.00	30.00	120.00	1.00	93.00	1.00	0.01	0.07	1.00	0.04	9.60	0.44	
479	Pollo con verduras	100.00	83.70	0.20	78.00	5.90	6.20	3.60	---	---	---	52.00	85.00	1.00	7.00	27.00	59.00	0.95	83.00	1.00	0.03	0.07	1.00	0.06	1.10	0.14	
480	Termera con verduras	100.00	84.60	0.30	69.00	6.10	6.00	2.70	---	---	---	9.00	71.00	0.60	8.00	24.00	153.00	1.00	75.00	2.00	0.02	0.07	1.60	0.08	---	0.45	
SOPAS ENLATADAS																											
CONDENSADAS CON CALDO																											
481	Cebolla	100.00	86.30	0.40	46.00	6.70	3.10	1.40	0.00	0.21	0.60	0.50	22.00	5.00	0.60	2.00	860.00	56.00	0.50	0.00	0.00	0.03	0.02	0.50	0.04	12.40	0.00
482	Chicharo	100.00	68.50	0.50	125.00	20.20	6.50	2.20	0.00	1.07	0.70	0.26	21.00	43.00	1.50	30.00	752.00	145.00	1.30	15.00	1.00	0.08	0.05	0.90	0.04	1.40	0.00
483	Jitomate	100.00	81.20	0.40	68.00	13.20	1.60	1.50	0.00	0.29	0.33	0.63	11.00	14.00	1.40	6.00	695.00	210.00	0.19	47.00	10.00	0.07	0.04	1.10	0.09	11.70	0.00
484	Pollo con arroz	100.00	87.80	0.10	49.00	5.80	2.90	1.60	5.00	0.37	0.68	0.32	14.00	10.00	0.60	0.00	665.00	82.00	0.21	39.00	0.00	0.01	0.02	0.90	0.02	0.90	---
485	Pollo con tallarines	100.00	85.10	0.10	61.00	7.60	3.20	1.90	5.00	0.49	0.77	0.36	11.00	15.00	0.60	4.00	757.00	45.00	0.23	9.00	0.00	0.05	0.05	1.20	0.02	1.80	---
486	Pollo con verduras (p)	100.00	85.50	0.10	61.00	7.00	2.90	2.30	7.00	0.69	0.87	0.45	14.00	16.00	0.70	5.00	771.00	126.00	0.30	217.00	0.00	0.04	0.05	1.00	0.04	---	---
487	Res con tallarines	100.00	84.44	0.50	67.00	7.20	3.90	2.50	4.00	0.91	0.87	0.33	12.00	20.00	0.90	5.00	759.00	79.00	1.23	50.00	0.00	0.06	0.05	0.80	0.03	3.50	0.16
488	Verduras mixtas	100.00	91.50	0.30	34.00	5.40	1.20	0.80	1.00	0.18	0.22	0.28	7.00	16.00	0.40	3.00	336.00	80.00	0.33	87.00	0.00	0.02	0.02	0.40	0.02	---	1.00
489	Verduras (minestrone)	100.00	82.90	0.60	68.00	9.20	3.50	2.10	1.00	0.44	0.54	0.79	28.00	24.00	0.80	6.00	744.00	255.00	0.60	191.00	0.00	0.04	0.04	0.80	0.08	13.10	0.00
CREMAS CONDENSADAS *																											
490	Apio	100.00	84.90	0.30	72.00	7.00	1.30	4.50	11.00	1.12	0.95	1.94	32.00	30.00	0.50	5.00	757.00	98.00	0.12	51.00	1.00	0.02	0.04	0.30	0.01	1.90	---
491	Champiñones (p)	100.00	81.20	0.20	103.00	7.40	1.60	7.60	1.00	2.05	1.36	3.52	26.00	43.00	0.40	4.00	810.00	67.00	0.47	0.00	0.00	0.02	0.07	0.60	0.01	---	---
492	Espárrago	100.00	84.00	0.60	69.00	8.50	1.80	3.30	4.00	0.82	0.69	1.42	23.00	31.00	0.60	3.00	782.00	138.00	0.70	75.00	---	0.04	0.06	0.60	0.01	---	---
493	Pollo (p)	100.00	81.80	0.10	93.00	7.40	2.70	5.90	---	1.87	1.60	0.61	27.00	29.00	0.50	2.00	786.00	70.00	0.50	105.00	0.00	0.02	0.05	0.70	0.01	1.30	---

GIMNASIO NUEVO JORDAN
MEXICO