

Num.	Nombre del alimento	Porción Comestible	Acidos grasos																											Minerales					Vitaminas										Fibra Dietaria Insoluble g	Fibra Dietaria Soluble g	Fibra Dietaria Total g
			Humedad %	Fibra g	Energía Kcal	Hidratos de Carbono g				Proteínas Totales g		Grasas Totales g		Colesterol mg	Acidos grasos Saturados g			Monoinsaturados (oléico) g	Polinsaturados (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													
						Total g	Saturados g	Monosaturados g	Poliinsaturados g	Total g	Total g	Total g	Total g		Total g	Total g	Total g																		Total g	Total g	Total g	Total g	Total g	Total g	Total g	Total g	Total g	Total g			
<b>VERDURAS</b>																																															
530	Acelga	82.00	91.10	2.50	27.00	4.80	2.90	0.30	0.00	---	---	---	62.00	29.00	3.90	65.00	147.00	550.00	0.02	404.00	6.00	0.05	0.23	0.50	---	90.00	0.00	2.30	0.10	2.40																	
531	Aguaate de Florida	53.00	79.70	2.10	112.00	8.90	1.50	8.90	0.00	1.76	4.14	1.40	11.00	31.00	0.50	34.00	5.00	488.00	0.42	61.00	8.00	0.11	0.12	1.92	0.28	53.00	0.00																				
532	Aguaate de pellejo	53.00	77.40	3.70	124.00	5.70	1.40	12.70	0.00	2.00	5.00	1.00	10.00	42.00	0.50	45.00	4.00	604.00	0.42	20.00	12.00	0.10	0.08	2.90	0.28	53.00	0.00																				
533	Aguaate verde	53.00	72.40	0.40	181.00	5.90	1.80	18.40	0.00	3.00	8.00	2.00	39.00	42.00	0.60	45.00	4.00	604.00	0.42	21.00	15.00	0.09	0.20	1.00	0.28	53.00	0.00																				
534	Aguaate (promedio)	53.00	74.00	2.50	144.00	7.60	1.60	13.50	0.00	2.44	8.97	1.84	24.00	42.00	0.50	45.00	4.00	604.00	0.42	200.00	14.00	0.09	0.14	1.90	0.28	62.00	0.00	3.00	1.80	4.70																	
535	Ajo	94.00	57.20	1.60	151.00	36.20	3.50	0.30	0.00	0.09	0.01	0.23	19.00	153.00	1.50	36.00	19.00	529.00	1.00	0.00	15.00	0.08	0.11	0.90	---	3.10	0.00																				
536	Alcachofa	65.00	79.80	1.10	65.00	16.50	2.20	0.10	0.00	0.05	0.01	0.06	32.00	77.00	0.60	47.00	80.00	339.00	0.10	12.00	6.00	0.20	0.05	0.10	0.11	74.00	0.00																				
537	Apio	67.00	93.60	1.50	19.00	4.20	0.80	0.20	0.00	0.03	0.02	0.06	52.00	26.00	1.40	12.00	88.00	284.00	0.17	10.00	8.00	0.02	0.04	0.40	0.03	12.00	0.00	1.80	0.10	1.90																	
538	Berenjena	85.00	90.80	1.50	26.00	5.90	1.40	0.20	0.00	0.02	0.01	0.04	8.00	33.00	0.50	11.00	4.00	214.00	0.15	7.00	8.00	0.05	0.05	0.80	0.08	18.00	0.00																				
539	Berro	82.00	90.50	0.90	26.00	2.90	3.60	0.80	0.00	0.03	0.01	0.01	155.00	76.00	2.60	20.00	41.00	330.00	0.15	313.00	51.00	0.13	0.20	1.50	0.13	200.00	0.00	2.90	0.10	2.90																	
540	Betabel	82.00	87.30	0.80	49.00	10.90	2.10	0.20	0.00	0.02	0.03	0.05	21.00	---	1.50	25.00	60.00	335.00	0.40	2.00	20.00	0.02	0.05	0.30	0.28	93.00	0.00																				
541	Bledo	63.00	91.70	1.00	26.00	4.00	2.50	0.30	0.00	0.09	0.08	0.14	215.00	50.00	4.30	55.00	20.00	611.00	0.90	401.00	43.00	0.03	0.16	0.70	---	85.00	0.00																				
542	Brócoli	75.00	89.10	1.50	32.00	5.90	3.60	0.30	0.00	0.05	0.02	0.04	48.00	66.00	1.10	24.00	27.00	325.00	0.40	167.00	113.00	0.07	0.12	0.60	0.16	71.00	0.00																				
543	Calabacita italiana	90.00	94.00	1.50	18.00	3.70	1.80	0.10	0.00	0.04	0.01	0.03	25.00	---	0.50	16.00	1.00	202.00	0.26	27.00	13.00	0.06	0.06	0.50	0.11	26.00	0.00																				
544	Calabaza amarilla madura	52.00	91.60	1.10	27.00	4.90	1.60	0.70	0.00	0.05	0.01	0.01	21.00	---	2.30	12.00	1.00	340.00	0.20	246.00	8.00	0.06	0.04	0.50	---	---	0.00																				
545	Calabaza criolla (verde)	71.00	92.60	1.10	17.00	4.30	1.90	0.10	0.00	0.01	0.01	0.01	14.00	22.00	6.40	12.00	1.00	176.00	0.20	32.00	9.00	0.08	0.08	0.60	---	---	---																				
546	Calabaza de castilla (madura)	52.00	87.80	1.40	40.00	10.40	0.80	0.10	0.00	0.02	0.01	0.02	33.00	---	0.70	32.00	3.00	347.00	0.13	143.00	11.00	0.14	0.01	0.70	0.15	---	---																				
547	Calabaza (hojas y puntas de)	85.00	93.10	1.20	12.00	1.30	2.80	0.40	0.00	0.21	0.03	0.01	149.00	24.00	5.80	38.00	11.00	436.00	---	404.00	46.00	0.11	0.12	0.90	0.00	0.00	0.00																				
548	Cebolla blanca	86.00	90.00	1.30	40.00	9.00	1.50	0.20	0.00	0.04	0.04	0.10	32.00	40.00	1.20	12.00	10.00	157.00	0.10	3.00	12.00	0.04	0.03	0.30	0.16	20.00	---	1.20	0.10	1.30																	
549	Cebolla morada	86.00	90.40	1.30	32.00	7.70	0.80	0.10	0.00	0.02	0.02	0.05	33.00	40.00	1.40	12.00	10.00	157.00	0.08	0.00	11.00	0.04	0.02	0.30	---	---	---																				
550	Cebolla (de rabo)	60.00	87.60	1.00	45.00	10.50	1.10	0.20	0.00	0.04	0.04	0.10	40.00	---	1.80	20.00	4.00	257.00	0.44	5.00	25.00	0.05	0.04	0.40	0.00	14.00	0.00																				
551	Cebollinas	90.00	94.00	1.00	14.00	1.50	1.90	0.50	0.00	---	---	---	15.00	51.00	8.40	---	5.00	231.00	0.10	390.00	36.00	0.04	0.12	0.70	---	---	---																				
552	Chayote con espinas	83.00	87.10	1.90	27.00	6.60	1.00	0.30	0.00	---	---	---	16.00	30.00	1.70	14.00	4.00	150.00	---	6.00	12.00	0.03	0.04	0.20	---	---	---																				
553	Chayote sin espinas	85.00	88.60	1.90	26.00	6.30	1.00	0.30	0.00	---	---	---	27.00	30.00	1.00	14.00	4.00	150.00	---	6.00	8.00	0.03	0.07	0.40	---	---	---																				
554	Chepil (chipilín)	58.00	80.70	2.20	49.00	7.50	6.90	0.60	0.00	---	---	---	368.00	72.00	4.70	---	---	---	---	667.00	50.00	0.30	0.21	1.10	---	---	---																				
555	Chicharo	45.00	64.40	4.30	140.00	25.50	9.00	0.40	0.00	0.07	0.04	0.15	37.00	---	2.80	33.00	5.00	244.00	1.24	57.00	60.00	0.33	0.10	2.30	0.17	65.00	0.00																				
556	Chicoria (hojas)	86.00	93.80	0.90	17.00	3.40	1.20	0.20	0.00	0.05	0.01	0.08	52.00	28.00	0.80	15.00	22.00	314.00	0.79	205.00	7.00	0.08	0.08	0.40	0.02	142.00	0.00																				
557	Chilacayote tierno	90.00	94.80	0.30	14.00	2.70	1.20	0.20	0.00	---	---	---	17.00	---	0.60	---	---	---	---	6.00	7.00	0.03	0.07	0.30	---	---	---																				
558	Chile ancho	68.00	10.10	0.30	334.00	62.70	11.50	9.80	0.00	---	---	---	94.00	---	5.70	---	---	---	---	2061.00	76.00	0.18	1.03	5.30	---	---	---																				
559	Chile cascabel	84.00	9.10	11.10	312.00	63.60	12.90	6.40	0.00	---	---	---	142.00	---	4.70	---	---	---	---	1826.00	55.00	0.22	0.86	8.90	---	---	---																				
560	Chile chilaca	84.00	89.40	0.90	32.00	7.30	1.50	0.30	0.00	0.02	0.01	0.17	40.00	---	4.00	25.00	7.00	340.00	0.30	194.00	178.00	0.08	0.06	1.00	0.28	23.00	0.00																				
561	Chile chipotle	84.00	11.70	16.90	293.00	57.60	14.10	6.30	0.00	---	---	---	255.00	---	6.10	---	---	---	---	459.00	0.00	0.28	0.72	9.80	---	---	---																				
562	Chile cristallino	84.00	88.00	2.10	32.00	7.30	1.70	0.20	0.00	0.02	0.01	0.11	21.00	---	3.30	25.00	7.00	340.00	0.30	13.00	252.00	0.12	0.06	1.00	0.28	23.00	0.00																				
563	Chile guajillo	84.00	16.50	9.00	302.00	56.70	11.60	8.60	0.00	---	---	---	140.00	---	10.10	---	---	---	---	3281.00	100.00	0.19	0.94	4.80	---	---	---																				
564	Chile habanero	84.00	91.00	1.60	31.00	5.30	2.20	0.80	0.00	0.08	0.04	0.44	18.00	---	2.40	25.00	7.00	340.00	0.30	59.00	94.00	0.11	0.16	0.70	0.28	23.00	0.00																				
565	Chile jalapeño	87.00	92.30	2.30	23.00	5.30	1.20	0.10	0.00	0.01	0.00	0.05	25.00	---	2.00	25.00	7.00	340.00	0.30	20.00	72.00	0.06	0.04	0.60	0.28	23.00	0.00																				
566	Chile largo	84.00	90.00	2.80	18.00	2.60	2.70	0.20	0.00	0.02	0.01	0.11	46.00	---	3.60	25.00	7.00	340.00	0.30	42.00	120.00	0.21	0.15	1.40	0.28	23.00	0.00																				
567	Chile morita	84.00	13.20	10.40	297.00	61.60	13.20	5.40	0.00	---	---	---	150.00	---	7.70	---	---	---	---	820.00	79.00	0.22	1.04	15.00	---	---	---																				
568	Chile mulato	68.00	11.80	9.60	298.00	65.00	9.60	5.10	0.00	---	---	---	98.00	---																																	

