

CEREALES Y DERIVADOS

Por 100 gramos de porción comestible

Nº	Alimento	Energía (kJ) <ENERC>	Energía (Kcal) <ENERC>	Agua (g) <WATER>	Proteínas (g) <PROTCNT>	Grasa Total (g) <FAT>	Carbohidratos totales (g) <CHOCDF>	Carbohidratos disponibles (g) <CHOAVLDF>	Fibra dietética (g) <FIBTG>	Cenizas (g) <ASH>	Sodio (mg) <NA>	Potasio (mg) <K>	Calcio (mg) <CA>	Fósforo (mg) <P>	Hierro (mg) <FE>	Zinc (mg) <ZN>	Tiamina (mg) <THIA>	Rivoflavina (mg) <RIBF>	Niacina (mg) <NIA>	Vitamina C (mg) <VITC>	
Cereales y derivados																					
484	Amaranto, semilla, cruda (Amarantus caudatus)	1607.8	384.0	11.2	15.3	7.6	63.6			2.3					12.2	4.8					
486	Amaranto, semilla, cruda (Amarantus hypochondriacus)	1595.8	381.0	11.5	14.4	7.4	64.3			2.5					13.5	4.9					
483	Amaranto, semilla, cruda (Amarantus mantegazzianus)	1623.3	388.0	10.8	15.4	8.4	62.7			2.8					8.2	4.0					
485	Amaranto, semilla, cruda (Amarantus cruentus)	1608.2	384.0	11.3	15.6	7.6	63.4			2.2					10.9	3.8					
1	Arroz, grano, blanco, pulido, crudo	1419.0	339.0	12.5	6.9	0.2	79.2	77.5	1.7	1.2	4.0	78.0	9.0	93.0	0.7		0.0	0.1	4.7		
2	Arroz, grano, blanco, pulido, hervido	343.0	82.0	79.0	1.4	0.1	19.4	19.1	0.3	0.1	5.0	80.0	3.0	26.0	0.6						
3	Avena , grano, arrollada, cruda	1603.6	383.0	11.9	15.6	7.8	62.5			2.2	47.0	391.0	36.0	360.0	4.1		0.6	0.2	1.4		
4	Avena, grano, arrollada, cruda	1436.1	343.0	10.9	12.8	7.1		56.9	10.4	1.9	65.0	460.0	21.0	333.0	4.2	4.4					
5	Avena, grano, arrollada, hervida	360.0	86.0	77.1	3.8	1.9	15.8	13.4	2.4	1.4	21.0	87.0	12.0	90.0	1.1						
6	Cebada, grano, mondado, perlado, crudo	1326.0	317.0	12.0	10.2	1.5	74.9	65.6	9.3	1.4	6.0	138.0	15.0	204.0	2.8		0.1	0.1	7.4		
7	Cebada, grano, mondado, perlado, hervido	344.0	82.0	77.2	3.8	0.1	19.3	16.5	2.8	...	13.0	59.0	7.0	35.0	0.7						
8	Cebada, harina "Genser", cruda	1374.0	328.0	10.0	10.2	1.7	76.9	68.0	8.0	1.2							0.1	0.2	1.7		
9	Centeno, harina, clara, cruda	1392.0	332.0	11.0	8.9	0.9	78.5	72.2	6.3	0.7							0.1	0.3	1.3		
10	Centeno, pan	863.0	206.0	40.2	8.7	0.6	48.9	41.5	7.4	1.6	219.0	205.0	23.0	156.0	2.3						
11	Centeno, pan con harina integral	894.0	214.0	38.4	10.4	0.9	49.0	41.0	8.0	1.3	466.0	259.0	31.0	278.0	2.2						
488	Maiz, amarillo Leales, grano entero, crudo	1448.7	346.0	13.4	10.6	0.8	74.1			1.1				281.0	9.5	3.2					
490	Maiz amarillo, pisingallo, grano entero, crudo	1444.5	345.0	12.7	10.9	0.5	74.6			1.3				203.0	7.7	1.8					
491	Maiz amarillo, sémola, grano entero, crudo	1277.0	305.0	12.8	9.0	1.1	76.4			0.7				38.0	1.1	1.0					
489	Maiz, amarillo trópico 327, grano entero, crudo	1439.1	344.0	13.9	9.8	1.1	73.6			1.6				251.0	6.4	2.0					
487	Maiz, blanco 8 rayas, grano entero, crudo	1423.6	340.0	13.0	7.3	0.9	77.7			1.1				261.0	3.4	1.8					
482	Maiz, blanco perla, grano entero, crudo	1402.6	335.0	13.9	9.0	0.9	74.8			1.5				325.0	11.5	2.5					
12	Maiz, choclo	405.0	97.0	73.9	3.7	1.2	20.5	17.8	2.7	0.7	40.0	113.0	6.0	103.0	0.5		0.1	0.1	2.0	8.2	
13	Maiz, grano, entero (Zea mays spp)	1449.0	346.0	13.4	9.5	0.9	74.9	67.6	7.3	1.3				280.0							
14	Maiz, harina amarilla (polenta), cruda	1545.0	369.0	10.7	11.1	3.2	73.9			1.1	25.0	269.0	12.0	87.0	2.6		0.2	0.1	2.4		
15	Maiz, harina amarilla (polenta), cruda	1415.0	338.0	11.9	9.1	4.9	73.4	64.5	8.9	0.7	35.0	299.0	26.0	170.0	2.9	2.0					
16	Maiz, harina amarilla (polenta), hervida	285.0	68.0	82.7	3.2	0.8	13.7	11.9	1.8	0.1	11.0	55.0	8.0	42.0	0.9						
17	Maiz, pan	1151.4	275.0	33.8	9.1	2.9	53.2			1.0											
19	Trigo, bizcochos "Bay Biscuit"	1653.0	382.0	15.2	5.9	10.1	72.5	67.1	1.5	2.6	171.0	97.0	212.0	125.0	1.2						
21	Trigo, bizcochos, vainillas	1679.0	401.0	6.2	10.2	8.9	70.0			4.7	111.0	138.0	69.0	339.0	1.1						
22	Trigo, galleta de campo	1256.1	300.0	24.8	9.8	1.0	63.0			1.4	295.0	136.0	28.0	194.0	0.1						
23	Trigo, galleta marinera	1511.5	361.0	10.5	12.8	0.7	75.9			0.1	30.0	10.0	16.0	115.0	0.1						
24	Trigo, galletitas de agua "Express"	1850.7	442.0	5.1	13.5	15.5	62.0			3.9	323.0	99.0	44.0	174.0	0.9						
25	Trigo, galletitas de agua "Traviata"	1829.7	437.0	3.7	12.2	13.1	67.6			3.4	640.0	52.0	51.0	117.0	3.7						

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		<ENERC>	<ENERC>	<WATER>	<PROTCNT>	<FAT>	<CHOCDF>	<CHOAVLDF>	<FIBTG>	<ASH>	<NA>	<K>	<CA>	<P>	<FE>	<ZN>	<THIA>	<RIBF>	<NIA>	<VITC>

1: Calculado por diferencia = 100 - (agua + proteína + lípidos + cenizas)

2: Hidratos de Carbono asimilables = 100 - (agua + proteína + lípidos + fibra dietaria + cenizas)