

FRUTAS Y DERIVADOS

Por 100 gramos de porción comestible

N°	Alimento	Género - especie - variedad	Energía (kj)	Energía (Kcal)	Agua (g)	Proteínas (g)	Grasa Total (g)	Carbohidratos totales (g)	Carbohidratos disponibles (g)	Fibra dietética (g)	Cenizas (g)	Sodio (mg)	Potasio (mg)	Calcio (mg)	Fósforo (mg)	Hierro (mg)	Zinc (mg)	Niacina (mg)	Vitamina C (mg)
			<ENER>	<ENERC>	<WATER>	<PROTCNT>	<FAT>	<CHOCDFT>	<CHOAVLDF>	<FIBTG>	<ASH>	<NA>	<K>	<CA>	<P>	<FE>	<ZN>	<NIA>	<VITC>
Frutas y derivados																			
496	Aceituna de monte	Zyziphus sativa	389.4	93.0	77.7	1.6	0.4	19.4	0.9		192.0	33.0	29.0	0.6					10.0
119	Aceituna verde, pulpa, encurtida	Olea europaea	602.9	144.0	75.2	1.5	13.5	4.0	5.8	2250.0	91.0	61.0	17.0	1.0	0.0	0.1	2.6		1.6
121	Ananá enlatado, contenido envase		364.3	87.0	78.0	0.4	0.1	21.1	0.4	1.0	57.0	13.0	5.0	1.7	0.1	0.1	0.6		12.8
120	Ananá, pulpa, fresco	Ananassa sativa L.	242.8	58.0	85.3	0.4	0.2	13.7	0.4	2.0	247.0	12.0	8.0	0.4	0.1	0.1	1.0		40.3
122	Banana, pulpa, fresca	Musa sapientum L.	414.5	99.0	74.8	1.2	0.2	23.0	0.8	1.0	348.0	7.0	28.0	0.4	0.1	0.1	1.2		6.1
123	Cereza, pulpa, fresca	Prunus avium L.	284.7	68.0	83.0	1.1	0.5	14.8	0.6	3.0	275.0	16.0	17.0	0.4	0.0	0.0	0.8		5.6
125	Ciruela, pasa, cruda	Prunus domestica L.	1067.7	255.0	32.9	1.9	0.1	61.6	3.5	21.0	846.0	46.0	92.0	1.8	0.2	0.6	2.7		7.4
126	Ciruela, pasa, hervida	Prunus domestica L.	690.9	165.0	56.4	1.0	0.1	40.1	2.4	16.0	534.0	31.0	64.0	3.3					
124	Ciruela, pulpa, fresca	Prunus domestica L.	234.5	56.0	85.7	0.7	0.2	12.9	0.5	2.0	261.0	24.0	16.0	0.4	0.0	0.1	0.8		4.2
127	Coco, pulpa, fresco, crudo	Cocos nucifera	1599.4	382.0	46.9	3.4	34.7	14.0	1.0	17.0	436.0	13.0	94.0	2.1	0.2	...	0.1		
128	Damasco, pulpa, fresco, crudo	Prunus Armeniaca L.	238.7	57.0	85.4	1.0	0.1	12.9	0.6	1.0	320.0	17.0	21.0	0.4	0.0	0.1	1.2		3.1
542	Doca	Morrenia odorata	205.2	49.0	85.1	1.6	1.0	11.5	0.8		312.0	41.0	35.0	0.6					41.6
131	Durazno orejón, pulpa y piel, hervido	Prunus persica L.	167.5	40.0	89.3	2.5	...	7.5	0.7	14.0	276.0	20.0	43.0	2.8					
130	Durazno, pulpa, envasado al natural	Prunus persica L.	314.0	75.0	80.9	0.4	0.1	18.2	0.4	1.0	151.0	4.0	10.0	1.9	0.0	0.0	1.0		3.6
129	Durazno, pulpa, fresco, crudo	Prunus persica L.	213.5	51.0	86.9	0.5	0.1	12.0	0.5	3.0	259.0	5.0	19.0	0.4	0.0	0.0	0.8		6.3
132	Frutilla pulpa, fresca, cruda	Fragaria h chiloensis Duch Var, ananassa B.	171.7	41.0	90.0	0.8	0.6	8.1	0.5	2.0	161.0	22.0	23.0	0.7	0.0	0.1	0.4		88.7
133	Granada, pulpa, fresca	Punica granatum L.	314.0	75.0	81.0	0.6	0.2	17.7	0.5	85.0	63.0	11.0	105.0	0.8	0.0	0.0	...		
497	Guaraniná, Brumelia obtusifolia	Brumelia obtusifolia	615.5	147.0	65.6	1.6	3.2	23.7	0.9		200.0	56.0	23.0	1.3					16.4
134	Higo, pulpa, fresca	Ficus carica L.	368.5	88.0	78.0	1.4	0.4	19.6	0.6	2.0	268.0	34.0	32.0	0.4	0.0	0.0	0.7		0.6
135	Kaki, pulpa, fresco	Diospyrus Kaki L.	364.3	87.0	78.2	0.8	0.4	20.0	0.6						0.0	0.0	0.1		13.1
136	Kinoto, pulpa y cáscara, fresco, crudo	Fortunella spp.	305.7	73.0	81.3	0.9	0.1	17.1	0.6						0.1	0.1			57.6
137	Limón, pulpa, fresco	Citrus limonia	184.2	44.0	89.3	0.9	0.6	8.7	0.5	6.0	163.0	107.0	21.0	0.4	0.1	0.0			62.6
139	Manzana, hervida	Malus sylvestria	108.9	26.0	92.0	0.5	...	6.0	1.5	4.0	58.0	3.0	5.0	0.6					
138	Manzana, pulpa, fresca, cruda	Malus sylvestria	268.0	64.0	84.1	0.3	0.4	14.9	0.3	5.0	122.0	4.0	9.0	0.5	0.0	0.0	0.2		2.8
544	Mburucuyá maduro	Passiflora sp.	351.7	84.0	68.9	4.7	1.7	23.4	1.4		253.0	14.0	110.0	1.3					14.6
543	Mburucuyá verde	Passiflora sp.	247.0	59.0	78.6	3.2	1.6	15.7	0.9		241.0	15.0	52.0	5.0					26.4
140	Melón, pulpa, fresco	Cucumis melo L.	117.2	28.0	92.7	0.6	0.2	5.9	0.6	17.0	275.0	17.0	18.0	0.5	0.0	0.0	0.3		14.8
141	Membrillo, pulpa, fresco, crudo	Cydonia oblonga L.	242.8	58.0	85.3	0.3	0.1	13.9	0.4	3.0	203.0	14.0	19.0	0.3	0.0	0.1	0.9		3.4
142	Mora, fresca	Morus spp.	288.9	69.0	82.8	1.2	0.6	14.6	0.8	2.0	257.0	36.0	48.0	1.6	0.1	0.1	1.1		2.4
502	Ñandapirí	Eugenia uniflora	293.1	70.0	82.8	1.7	0.7	14.3	0.6		213.0	34.0	32.0	0.8					21.5
143	Palta, pulpa, fresca	Persea gratissima	1080.2	258.0	65.4	1.7	26.4	3.3	3.2	16.0	396.0	15.0	31.0	0.5	0.0	0.1	0.4		5.8
145	Pera, orejón, crudo	Pirus comimunis L.	1251.9	299.0	24.0	2.3	0.4	71.6	1.7						0.1	0.1	1.3		9.2
144	Pera, pulpa, fresca, cruda	Pirus comimunis L.	293.1	70.0	82.7	0.7	0.4	15.8	0.4	2.0	129.0	8.0	10.0	0.2	0.1	0.1	0.2		3.0
146	Pomelo, pulpa, fresco	Citrus grandis Osbeck	108.9	26.0	92.9	0.5	...	5.9	0.7	37.0	147.0	13.0	10.0	0.2	0.1	0.1	...		47.8
147	Sandía, pulpa, fresca, cruda	Citrullus vulgaris Schard	129.8	31.0	92.1	0.5	0.2	6.9	0.3	8.0	73.0	11.0	3.0	0.2	0.0	0.0			9.1
545	Ubajay	Eugenia myrciantes	205.2	49.0	89.0	1.1	1.6	8.1	0.3		97.0	32.0	19.0	0.4					75.1

