

LECHE Y DERIVADOS

Por 100 gramos de porción comestible

N°	Alimento	Energía (kj) <ENERC>	Energía (Kcal) <ENERC>	Agua (g) <WATER>	Proteínas (g) <PROTCNT>	Grasa Total (g) <FAT>	Carbohidratos totales (g) <CHOCDF >	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>	
319	Queso Por Salut	1260.3	301.0	49.8	20.4	22.7	3.7	3.3											
Quesos semiduros																			
550	Queso azul	1578.5	377.0	40.2	20.0	31.1	4.3	4.4											
320	Queso Cheddar	1494.8	357.0	36.0	29.5	26.5	...	8.0	390.0	41.0	800.0	750.0			0.0	1.2			
321	Queso Chubut	1373.3	328.0	42.1	25.9	24.9	...	7.1	270.0	68.0	450.0	500.0							
322	Queso Fontina	1423.6	340.0	36.4	24.3	33.6	...	5.7	690.0	72.0	765.0	450.0			0.1	0.3			
323	Queso Gorgonzola	2009.8	480.0	31.7	21.6	43.7	...	3.0	930.0	123.0	340.0	215.0			0.0	0.4			
324	Queso Gruyere	1586.9	379.0	37.1	28.6	29.4	...	4.9	542.0	128.0	1080.0	698.0	0.3		0.0	0.6			
325	Queso Holanda	1444.5	345.0	37.6	25.1	27.2	...	10.1	730.0	84.0	890.0	630.0			0.1	0.3			
326	Queso Pategrás	1716.7	410.0	33.7	24.8	34.5	...	7.0	720.0	74.0	475.0	530.0							
327	Queso Roquefort	1783.7	426.0	37.6	19.2	38.8	...	4.4	1210.0	74.0	200.0	250.0			0.2	0.4			
328	Queso Suizo	1691.5	404.0	34.0	28.6	31.3	1.9	4.2											
329	Queso Taffí	1498.9	358.0	41.0	21.8	30.1	...	7.1	750.0	69.0	340.0	272.0							
330	Queso Tandil	1444.5	345.0	41.9	25.5	27.0	...	5.6											
331	Queso tipo Mar del Plata	1390.1	332.0	39.0	25.4	25.6	...	9.7											
Quesos duros																			
332	Queso Goya	1683.2	402.0	29.2	29.7	31.5	...	9.6	1020.0	68.0	950.0	510.0			0.1	0.6			
333	Queso Parmesano	1465.4	350.0	34.3	32.7	24.4	...	8.6	680.0	61.0	1170.0	775.0							
334	Queso Provolone	1637.1	391.0	31.9	32.1	29.2	...	6.8	1190.0	72.0	925.0	765.0			0.1	0.3			
335	Queso Reggianito	1528.3	365.0	33.6	33.4	24.2	3.4	5.5	1230.0	61.0	950.0	610.0			0.0	0.3			
336	Queso Sardo	1683.2	402.0	30.8	30.0	29.1	5.0	5.1											
337	Queso Sbrinz	1494.8	357.0	35.1	29.4	26.6	...	8.9	870.0	67.0	985.0	830.0			0.1	0.2			
Ricota																			
338	Ricota de leche entera	703.4	168.0	70.9	11.6	11.8	4.0	1.6	146.0	155.0	193.0	241.0	258.0						
551	Ricotta semidescremada	703.4	168.0	70.9	11.6	11.7	4.0	1.6	160.0	155.0	207.0	243.0	0.4						
Yogur																			
341	Yogur descremado	247.0	59.0	88.5	4.3	0.2	5.9	1.1	75.0	177.0	110.0	125.0	93.0	372.0					
343	Yogur descremado bebible	125.6	30.0	91.8	3.3	0.1	4.1	0.8											
432	Yogur descremado fortificado con Ca	201.0	48.0	86.8	4.6	0.1	7.1	1.4	121.0	200.0	247.0	188.0	0.1	0.5					

