

VEGETALES Y DERIVADOS

Por 100 gramos de porción comestible

N°	Alimento	Género - especie - variedad	Energía	Energía	Agua	Proteínas	Grasa Total	Carbohidra-	Carbohidrato	Fibra	Cenizas	Sodio	Potasio	Calcio	Fósforo	Hierro	Zinc	Tiamina	Rivoflavina	Niacina	Vitamina C
			<ENERC>	<ENERC>	<WATER>	<PROTCNT>	<FAT>	<CHOCDF>	<CHOAVLDF>	<FIBTG>	<ASH>	<NA>	<K>	<CA>	<P>	<FE>	<ZN>	<THIA>	<RIBF>	<NIA>	<VITC>
81	Maní, semilla con piel, crudo	Arachis Hypogea	2412	576	5.1	33.2	44.3	11.1			6.30	11	737	128	491	4.06		0.668	0.272	22.00	
82	Maní, semilla sin piel, tostado		2479	592	3.0	34.8	45.5	10.8			5.90	11	725	146	530	2.68		0.325	0.249	18.00	
83	Mastuerzo (hoja y pecíolo), fresco, crudo	Lepidium sativum	214	51	87.2	4.2	1.4	5.3			1.90							0.093	0.156	1.30	66.8
501	Mastuerzo, hoja	Coronopus didimus	209	50	84.6	3.7	1.4	8.1			2.20		276	172	46	3.98					11.5
85	Nabo, hervido		46	11	93.9	0.8	...	1.9			3.40	23	168	72	31						
84	Nabo, raíz (pulpa), fresco, crudo	Brassica rapa L.	42	10	96.0	1.0	...	1.5			1.50	28	304	28	16	0.56		0.043	0.020	0.40	44.5
86	Nuez, pepita	Juglans regia	2994	715	3.5	13.9	67.4	13.2			2.00	3	687	61	510	2.35		0.152	0.442	5.10	
87	Papa, pulpa sin cáscara, fresca, cruda	Solanum tuberosum	369	88	78.0	2.7	...	19.3			0.50	24	493	36	72	0.86		0.130	0.106	1.90	21.2
89	Papa, pulpa sin cáscara, frita, bastón		678	162	65.8	2.9	6.2	23.6			1.50	35	510	14	79	0.44					14.4
88	Papa, pulpa sin cáscara, hervida		369	88	78.0	2.4	...	19.6			0.20	17	405	21	69	1.84					4.9
90	Pepino, pulpa, fresco, crudo	Cucumis sativus	63	15	96.1	0.7	0.1	2.7			0.40	13	141	23	24	0.30		0.044	0.057	0.10	6.1
91	Perejil, hoja, fresco, crudo	Petroselinum sativus Hoffm	251	60	83.9	3.7	1.0	9.0			2.40							0.096	0.054	0.30	282.0
92	Piñon de araucaria, pepita, crudo		925	221	42.4	14.6	1.2	37.9			3.90	5	305	17	181	1.71		0.403	0.221	14.40	
93	Pistacho, pepita, crudo	Pistacia Vera	2713	648	4.2	22.3	54.0	18.1			1.40										
528	Poroto Alubia, semilla, seco	Phaseolus vulgaris	1411	337	12.7	19.8	0.8	62.8			3.97				468	11.41	2.5				
530	Poroto Carioca, semilla, seco	Phaseolus vulgaris	1407	336	13.3	20.0	0.9	62.0			3.87				295	8.91	3.0				
529	Poroto Colorado, semilla, seco	Phaseolus vulgaris	1394	333	13.2	19.6	1.2	61.0			5.00				542	13.76	3.6				
531	Poroto Grand Berry, semilla, seco	Phaseolus vulgaris	1407	336	13.4	21.5	1.0	60.4			3.79				440	17.70	3.2				
532	Poroto Great Northern, semilla, seco	Phaseolus vulgaris	1365	326	13.0	21.0	0.5	60.6			4.89				478	9.80	3.6				
533	Poroto Negro, semilla, seco	Phaseolus vulgaris	1281	306	12.9	20.6	1.0	61.5			4.09				418	15.90	3.5				
534	Poroto Novy Bean, semilla, seco	Phaseolus vulgaris	1407	336	13.8	26.0	1.1	55.6			3.46				334	22.89	3.2				
535	Poroto Oval, semilla, seco	Phaseolus vulgaris	1373	328	12.7	18.2	1.1	63.7			4.35				460	9.50	3.9				
536	Poroto Pallares, semilla, seco	Phaseolus vulgaris	1348	322	14.2	16.6	0.6	63.3			5.26				577		6.1				
537	Poroto Small Red, semilla, seco	Phaseolus vulgaris	1407	336	13.7	25.3	0.8	56.7			3.45				442	14.56	2.5				
95	Poroto, semilla, enlatado	Phaseolus vulgaris	373	89	70.6	8.4	0.9		11.9	6.7	1.50	92	366	49	105	1.70	1.3				
94	Poroto, semilla, seco, crudo	Phaseolus vulgaris	1214	290	11.7	23.9	2.8		42.3	16.1	3.20	8	1710	125	352	8.20	2.7	0.399	0.185	1.70	
96	Puerro (bulbo, tallo y hojas), fresco, crudo	Allium porrum	188	45	88.2	2.5	0.4	7.9			1.00	81	199	58	6	0.65		0.111	0.030	0.50	10.2
98	Quinoa, harina		1428	341	13.7	4.4	1.0	78.7			2.20			94	97	7.46					
97	Quinoa, semilla, cruda	Chenopodium quinoa vild	1482	354	11.7	13.8	5.1	63.3			6.10	6	394	171	122	9.50		0.089	0.199	3.00	0.5
99	Rabanito, raíz, fresco, crudo	Raphanus sativus	121	29	91.8	1.3	0.1	5.8			1.00							0.067		0.50	17.7
100	Radicheta, hoja, fresco, cruda	Cichorium intybus			90.0	2.2	...					97	339	138	64	1.71					14.8
101	Remolacha, tubérculo, fresca, cruda	Beta Vulgaris	226	54	85.6	2.4	...	11.1			0.90	51	399	13	46	2.86		0.065	0.053	0.70	9.4
102	Remolacha, tubérculo, hervida	Beta Vulgaris	151	36	90.3	1.0	...	7.9			0.80	63	338	11	39	1.82					
103	Repollito Bruselas, hoja, fresco, crudo	Brassica oleracea gemmifera	243	58	84.9	4.4	0.5	8.9			1.30										136.0
104	Repollo blanco, hoja, fresco, crudo	Brassica oleracea capitata	71	17	94.0	2.4	...	1.9			1.70							0.102	0.160		23.0
105	Repollo blanco, hoja, hervido	Brassica oleracea capitata	67	16	95.0	2.2	...	1.8			1.00	11	126	47	40	1.27					27.4
106	Salsifí, raíz, fresco, crudo	Trapogon porrifolium	356	85	79.1	3.5	1.0	15.5			0.90							0.058	0.068	0.70	4.9
538	Soja FT11, poroto seco	Glycine max	1541	368	10.2	36.9	6.8	39.8			6.29				695	7.61	4.2				
107	Soja, semilla madura, seca, cruda	Glycine max. L	1491	356	9.6	34.6	24.2		11.2	16.0	4.41	7	2008	175	498	7.60	3.7				
108	Tapioca, cruda (harina mandioca)		1407	336	14.8	2.0	...	82.0			1.20										
109	Tapioca, hervida		230	55	85.7	0.1	...	13.7			0.50										
110	Tomate, fresco, crudo	Lycopersicon sculentum	84	20	94.0	1.0	...	4.1			0.90	5	267	9	43	1.67		0.071	0.067	0.40	18.1

