

FRUTAS Y DERIVADOS

Por 100 gramos de porción comestible

Nº	Alimento	Género - especie - variedad	Energía kj	Energía kcal	Agua g	Proteínas g	Grasa Total g	Carbohidrat os totales g	Cenizas g	Sodio mg	Potasio mg	Calcio mg	Fósforo mg	Hierro mg	Zinc mg	Tiamina mg	Rivoflavina mg	Niacina mg	Vitamina C mg
<i>Frutas y derivados</i>																			
496	Aceituna de monte	Zyziphus sativa	389	93	77.7	1.6	0.4	19.4	0.85		192	33	29	0.59					10.0
119	Aceituna verde, pulpa, encurtida	Olea europaea	603	144	75.2	1.5	13.5	4.0	5.80	2250	91	61	17	1.03	0.025	0.137	2.60	1.6	
121	Ananá enlatado, contenido envase		364	87	78.0	0.4	0.1	21.1	0.40	1	57	13	5	1.70	0.080	0.081	0.60	12.8	
120	Ananá, pulpa, fresco	Ananassa sativa L.	243	58	85.3	0.4	0.2	13.7	0.40	2	247	12	8	0.42	0.066	0.078	1.00	40.3	
122	Banana, pulpa, fresca	Musa sapientum L.	415	99	74.8	1.2	0.2	23.0	0.80	1	348	7	28	0.41	0.061	0.087	1.20	6.1	
123	Cereza, pulpa, fresca	Prunus avium L.	285	68	83.0	1.1	0.5	14.8	0.60	3	275	16	17	0.38	0.002	0.035	0.80	5.6	
125	Ciruela, pasa, cruda	Prunus domestica L.	1068	255	32.9	1.9	0.1	61.6	3.50	21	846	46	92	1.81	0.172	0.569	2.70	7.4	
126	Ciruela, pasa, hervida	Prunus domestica L.	691	165	56.4	1.0	0.1	40.1	2.40	16	534	31	64	3.25					
124	Ciruela, pulpa, fresca	Prunus domestica L.	235	56	85.7	0.7	0.2	12.9	0.50	2	261	24	16	0.41	0.026	0.059	0.80	4.2	
127	Coco, pulpa, fresco, crudo	Cocos nucifera	1599	382	46.9	3.4	34.7	14.0	1.00	17	436	13	94	2.08	0.173	...	0.10		
128	Damasco, pulpa, fresco, crudo	Prunus Armeniaca L.	239	57	85.4	1.0	0.1	12.9	0.60	1	320	17	21	0.37	0.015	0.066	1.20	3.1	
542	Doca	Morrenia odorata	205	49	85.1	1.6	1.0	11.5	0.80		312	41	35	0.60					41.6
131	Durazno orejón, pulpa y piel, hervido	Prunus persica L.	168	40	89.3	2.5	...	7.5	0.70	14	276	20	43	2.84					
130	Durazno, pulpa, envasado al natural	Prunus persica L.	314	75	80.9	0.4	0.1	18.2	0.40	1	151	4	10	1.93	0.021	0.045	1.00	3.6	
129	Durazno, pulpa, fresco, crudo	Prunus persica L.	214	51	86.9	0.5	0.1	12.0	0.50	3	259	5	19	0.38	0.020	0.040	0.80	6.3	
132	Frutilla pulpa, fresca, cruda	Fragaria h chilensis Duch Var, ananassa B.	172	41	90.0	0.8	0.6	8.1	0.50	2	161	22	23	0.71	0.041	0.051	0.40	88.7	
133	Granada, pulpa, fresca	Punica granatum L.	314	75	81.0	0.6	0.2	17.7	0.50	85	63	11	105	0.78	0.010	0.030	...		
497	Guaraniná, Brumelia obtusifolia	Brumelia obtusifolia	616	147	65.6	1.6	3.2	23.7	0.85		200	56	23	1.33					16.4
134	Higo, pulpa, fresca	Ficus carica L.	369	88	78.0	1.4	0.4	19.6	0.60	2	268	34	32	0.42	0.010	0.045	0.70	0.6	
135	Kaki, pulpa, fresco	Diospyrus Kaki L.	364	87	78.2	0.8	0.4	20.0	0.60						0.016	0.001	0.10	13.1	
136	Kinoto, pulpa y cáscara, fresco, crudo	Fortunella spp.	306	73	81.3	0.9	0.1	17.1	0.60						0.083	0.096		57.6	
137	Limón, pulpa, fresco	Citrus limonia	184	44	89.3	0.9	0.6	8.7	0.50	6	163	107	21	0.35	0.091	0.012		62.6	
139	Manzana, hervida	Malus sylvestria	109	26	92.0	0.5	...	6.0	1.50	4	58	3	5	0.64					
138	Manzana, pulpa, fresca, cruda	Malus sylvestria	268	64	84.1	0.3	0.4	14.9	0.30	5	122	4	9	0.50	0.041	0.047	0.20	2.8	
544	Mburucuyá maduro	Passiflora sp.	352	84	68.9	4.7	1.7	23.4	1.38		253	14	110	1.30				14.6	
543	Mburucuyá verde	Passiflora sp.	247	59	78.6	3.2	1.6	15.7	0.88		241	15	52	5.00				26.4	
140	Melón, pulpa, fresco	Cucumis melo L.	117	28	92.7	0.6	0.2	5.9	0.60	17	275	17	18	0.52	0.042	0.031	0.30	14.8	
141	Membrillo, pulpa, fresco, crudo	Cydonia oblonga L.	243	58	85.3	0.3	0.1	13.9	0.40	3	203	14	19	0.32	0.032	0.054	0.90	3.4	
142	Mora, fresca	Morus spp.	289	69	82.8	1.2	0.6	14.6	0.80	2	257	36	48	1.57	0.053	0.079	1.10	2.4	
143	Palta, pulpa, fresca	Persea gratissima	1080	258	65.4	1.7	26.4	3.3	3.20	16	396	15	31	0.53	0.043	0.140	0.40	5.8	
145	Pera, orejón, crudo	Pirus comimunis L.	1252	299	24.0	2.3	0.4	71.6	1.70						0.061	0.106	1.30	9.2	
144	Pera, pulpa, fresca, cruda	Pirus comimunis L.	293	70	82.7	0.7	0.4	15.8	0.40	2	129	8	10	0.19	0.057	0.074	0.20	3.0	
146	Pomelo, pulpa, fresco	Citrus grandis Osbeck	109	26	92.9	0.5	...	5.9	0.70	37	147	13	10	0.21	0.104	0.078	...	47.8	
147	Sandía, pulpa, fresca, cruda	Citrullus vulgaris Schard	130	31	92.1	0.5	0.2	6.9	0.30	8	73	11	3	0.23	0.015	0.022		9.1	
545	Ubajay	Eugenia myrciantes	205	49	89.0	1.1	1.6	8.1	0.29		97	32	19	0.40				75.1	
502	Ñandapirí	Eugenia uniflora	293	70	82.8	1.7	0.7	14.3	0.60		213	34	32	0.84				21.5	

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