## *CARNES 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) <CHO> | 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) <VIT C> |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | ***Cerdo*** | | | | | | | | | | | | | | | | | |
| 218 | Cerdo, chorizo, fresco, crudo | 1900.9 | 454.0 | 39.8 | 13.0 | 44.2 | 1.1 | 1.9 | | | | | | | 0.1 | 0.2 | 2.7 | 2.6 |
| 214 | Cerdo, costilla, a la parrilla | 1339.8 | 320.0 | 50.0 | 25.2 | 24.3 | ... | 0.5 | 106.0 | 359.0 | 6.0 | 209.0 | 1.2 | | | | | |
| 213 | Cerdo, costilla flaca, cruda | 1046.8 | 250.0 | 60.7 | 19.9 | 18.9 | ... | 0.8 | 99.0 | 380.0 | 2.0 | 233.0 | 1.4 | | 0.6 | 0.1 | 11.6 | |
| 216 | Cerdo, jamón cocido | 883.5 | 211.0 | 60.4 | 20.3 | 14.4 | ... | 4.9 | 1900.0 | 107.0 | 15.0 | 143.0 | 7.5 | | | | | |
| 215 | Cerdo, jamón crudo | 1980.5 | 473.0 | 28.9 | 18.0 | 44.6 | ... | 8.5 | 2940.0 | 219.0 | 11.0 | 152.0 | 4.0 | | | | | |
| 217 | Cerdo, panceta | 2805.3 | 670.0 | 14.3 | 8.3 | 70.8 | ... | 6.6 | 1780.0 | 17.0 | 37.0 | 38.0 | 1.3 | | | | | |
| | | | | | | | | | | | | | | | | | | |
| | ***Cordero*** | | | | | | | | | | | | | | | | | |
| 219 | Cordero, carne de la paleta, crudo | 414.5 | 99.0 | 77.0 | 18.7 | 2.7 | ... | 1.6 | 97.0 | 361.0 | 13.0 | 170.0 | 1.7 | | 0.1 | 0.1 | 10.6 | |
| 220 | Cordero, carne de la paleta, flaca, a la parrilla | 762.0 | 182.0 | 62.0 | 28.0 | 7.8 | ... | 2.2 | 122.0 | 446.0 | 17.0 | 242.0 | 5.7 | | | | | |
| | | | | | | | | | | | | | | | | | | |
| | ***Pollo*** | | | | | | | | | | | | | | | | | |
| 224 | Pollo, asado a la parrilla | 703.4 | 168.0 | 63.8 | 29.8 | 5.4 | ... | 1.0 | | 333.0 | 11.0 | 249.0 | 2.0 | | | | | |
| 223 | Pollo, asado al horno | 678.3 | 162.0 | 64.4 | 28.4 | 5.4 | ... | 1.8 | 129.0 | 327.0 | 12.0 | 193.0 | 3.3 | | | | | |
| 221 | Pollo, carne-pellejo-menudos, fresco, crudo | 368.5 | 88.0 | 80.0 | 16.3 | 2.5 | ... | 1.2 | 119.0 | 292.0 | 2.0 | 200.0 | 5.0 | | | | | |
| 222 | Pollo, hervido | 829.0 | 198.0 | 63.0 | 23.1 | 11.7 | ... | 2.2 | 110.0 | 363.0 | 2.0 | 158.0 | 1.7 | | | | | |
| | | | | | | | | | | | | | | | | | | |
| | ***Rana*** | | | | | | | | | | | | | | | | | |
| 225 | Rana, carne de la pata, fresca, cruda | 268.0 | 64.0 | 83.7 | 15.5 | 0.2 | ... | 0.6 | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | |
| | ***Vacuno*** | | | | | | | | | | | | | | | | | |
| 558 | Hamburguesas light asada | | 199.0 | 62.8 | 21.0 | 12.8 | | 2.7 | 747.0 | 329.0 | 9.6 | 254.0 | 2.7 | 5.4 | | | | |
| 559 | Hamburguesas regulares de carne vacuna asadas | | 248.0 | 59.6 | 20.5 | 18.4 | | 2.6 | 769.0 | 316.0 | 7.6 | 223.0 | 2.5 | 5.2 | | | | |
| 560 | Salchichas light tipo Viena | | 136.0 | 68.0 | 14.2 | 4.4 | | 3.6 | 1093.0 | 256.0 | 32.0 | 159.0 | 1.9 | 2.6 | | | | |
| 561 | Salchichas light tipo Viena hervidas | | 139.0 | 68.3 | 13.7 | 5.0 | | 3.2 | 973.0 | 223.0 | 33.0 | 135.0 | 1.9 | 2.5 | | | | |
| 562 | Salchichas tipo Viena | | 211.0 | 60.4 | 11.3 | 13.6 | | 3.9 | 1292.0 | 222.0 | 37.0 | 180.0 | 1.6 | 1.9 | | | | |
| 563 | Salchichas tipo Viena hervidas | | 209.0 | 60.9 | 11.8 | 13.4 | | 3.5 | 1141.0 | 183.0 | 40.0 | 162.0 | 1.8 | 1.9 | | | | |
| 226 | Vacuno, asado, fresco, crudo | 711.8 | 170.0 | 69.5 | 18.4 | 10.7 | ... | 1.4 | | | | | | | | | | |
| 227 | Vacuno, bife, a la parrilla | 791.3 | 189.0 | 63.9 | 24.6 | 10.1 | ... | 1.4 | 97.0 | 367.0 | 4.0 | 238.0 | 3.5 | | | | | |
| 503 | Vacuno, bife angosto c/c de novillito, fresco, crudo | 795.5 | 190.0 | 67.0 | 21.0 | 12.0 | 0.0 | | 42.0 | | | | | | | | | |

## *CARNES Y DERIVADOS*

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| N° | Alimento | Energía (kj) <ENERC> | Energía (Kcal) <ENERC> | Agua (g) <WATER> | Proteínas (g) <PROTCNT> | Grasa Total (g) <FAT> | Carbohidratos totales (g) <CHO> | 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) <VIT C> |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 504 | Vacuno, bola de lomo de novillito, fresco, crudo | 477.3 | 114.0 | 74.3 | 22.0 | 3.2 | 0.0 | 1.1 | 44.0 | | | | | | | | | |
| 505 | Vacuno, brazuelo de novillito, fresco, crudo | 502.4 | 120.0 | 73.8 | 21.0 | 3.9 | 0.0 | 1.0 | 56.0 | | | | | | | | | |
| 228 | Vacuno, caracú (médula de hueso largo), crudo | 3286.8 | 785.0 | ... | 0.5 | 87.0 | ... | 12.5 | | | | | | | | | | |
| 506 | Vacuno, colita de cuadril de novillito, fresco, crudo | 598.7 | 143.0 | 71.6 | 21.0 | 6.7 | 0.0 | 1.0 | 36.0 | | | | | | | | | |
| 507 | Vacuno, corazón de cuadril de novillito, fresco, crudo | 485.7 | 116.0 | 73.7 | 22.0 | 2.6 | 0.0 | 1.0 | 39.0 | | | | | | | | | |
| 229 | Vacuno, cuadril y bife angosto flaco, fresco, crudo | 464.8 | 111.0 | 74.0 | 21.0 | 3.0 | ... | 2.0 | 47.0 | 368.0 | 2.0 | 234.0 | 3.2 | | | | | |
| 230 | Vacuno, en conserva, enlatado | 937.9 | 224.0 | 59.5 | 23.7 | 14.4 | ... | 2.4 | 895.0 | 148.0 | 14.0 | 145.0 | 13.5 | | | | | |
| 554 | Vacuno, hamburguesas cocidas | 1038.4 | 248.0 | 59.6 | 20.5 | 18.4 | | 2.6 | 834.0 | 322.0 | 9.0 | | 2.4 | 5.0 | | | | |
| 553 | Vacuno, hamburguesas crudas | 912.8 | 218.0 | 63.9 | 17.3 | 16.5 | | 2.6 | 703.0 | 278.0 | 7.0 | | 1.8 | 3.7 | | | | |
| 556 | Vacuno, hamburguesas light cocidas | 833.2 | 199.0 | 62.8 | 21.0 | 12.8 | | 2.7 | 862.0 | 342.0 | 12.0 | | 2.7 | 5.3 | | | | |
| 555 | Vacuno, hamburguesas light crudas | 732.7 | 175.0 | 68.2 | 18.4 | 11.3 | | 2.4 | 754.0 | 320.0 | 11.0 | | 2.0 | 4.3 | | | | |
| 231 | Vacuno, hígado, crudo | 552.7 | 132.0 | 69.7 | 19.7 | 3.2 | 6.0 | 1.4 | 86.0 | 320.0 | 4.0 | 376.0 | 10.0 | | 0.2 | 2.3 | 12.7 | |
| 232 | Vacuno, jugo de carne | 138.2 | 33.0 | 91.4 | 6.8 | 0.6 | ... | 1.2 | 247.0 | 618.0 | 2.0 | 252.0 | 1.1 | | | | | |
| 233 | Vacuno, lomo, fresco, crudo | 485.7 | 116.0 | 71.6 | 20.0 | 4.0 | ... | 2.1 | 79.0 | 369.0 | 2.0 | 188.0 | 2.7 | | | | | |
| 510 | Vacuno, nalga de novillito, fresco, crudo | 443.8 | 106.0 | 74.5 | 22.0 | 1.7 | 0.0 | 1.2 | 38.0 | | | | | | | | | |
| 234 | Vacuno, nalga, fresco, crudo | 406.1 | 97.0 | 75.3 | 21.2 | 1.4 | ... | 2.1 | 63.0 | 399.0 | 3.0 | 186.0 | 3.5 | | | | | |
| 511 | Vacuno, paleta de novillito, fresco, crudo | 523.4 | 125.0 | 74.7 | 19.0 | 5.5 | 0.0 | 1.0 | 63.0 | | | | | | | | | |
| 512 | Vacuno, paletín o marucha de novillito, fresco, crudo | 552.7 | 132.0 | 73.6 | 20.0 | 6.1 | 0.0 | 1.0 | 80.0 | | | | | | | | | |
| 513 | Vacuno, palomita de novillito, fresco, crudo | 485.7 | 116.0 | 74.4 | 20.0 | 3.7 | 0.0 | 1.1 | 61.0 | | | | | | | | | |
| 235 | Vacuno, pasta de hígado | 1402.6 | 335.0 | 52.6 | 14.0 | 31.0 | ... | 2.4 | 627.0 | 209.0 | 25.0 | 317.0 | 7.6 | | | | | |
| 514 | Vacuno, peceto de novillito, fresco, crudo | 523.4 | 125.0 | 74.1 | 23.0 | 1.9 | 0.0 | 1.1 | 50.0 | | | | | | | | | |
| 515 | Vacuno, pecho de novillito, fresco, crudo | 582.0 | 139.0 | 72.1 | 20.0 | 6.5 | 0.0 | 1.3 | 170.0 | | | | | | | | | |
| 236 | Vacuno, riñon, fresco, crudo | 573.6 | 137.0 | 74.9 | 15.0 | 8.1 | 0.9 | 1.1 | 245.0 | 231.0 | 14.0 | 262.0 | 15.0 | | 0.2 | 1.7 | 10.5 | |
| 521 | Vacuno, tapa de cuadril de novillito, fresco, crudo | 883.5 | 211.0 | 64.4 | 20.0 | 15.0 | 0.0 | 1.0 | 53.0 | | | | | | | | | |
| 237 | Vacuno, ternera, costilla flaca, a la parrilla | 582.0 | 139.0 | 67.8 | 27.2 | 3.4 | ... | 1.6 | 74.0 | 406.0 | 4.0 | 224.0 | 4.1 | | | | | |
| 238 | Vacuno, ternera, costilla flaca, fresco, crudo | 397.8 | 95.0 | 76.3 | 20.0 | 1.7 | ... | 2.0 | 88.0 | 325.0 | 5.0 | 201.0 | 2.0 | | | | | |
| 516 | Vacuno, tortuguita de novillito, fresco, crudo | 644.8 | 154.0 | 70.1 | 22.0 | 7.6 | 0.0 | 0.9 | 69.0 | | | | | | | | | |
| 240 | Vacuno, vacío, a la parrilla | 1080.2 | 258.0 | 55.6 | 25.6 | 17.3 | ... | 1.5 | 91.0 | 381.0 | 3.0 | 204.0 | 4.1 | | | | | |
| 241 | Vacuno, vacío, al horno | 1009.1 | 241.0 | 56.1 | 28.1 | 14.3 | ... | 1.5 | 63.0 | 339.0 | 3.0 | 234.0 | 4.4 | | | | | |
| 517 | Vacuno, vacío de novillito, fresco, crudo | 728.5 | 174.0 | 68.9 | 20.0 | 11.0 | 0.0 | 0.9 | 53.0 | | | | | | | | | |
| 239 | Vacuno, vacío flaco, fresco, crudo | 716.0 | 171.0 | 66.5 | 23.8 | 8.4 | ... | 1.3 | 70.0 | 359.0 | 2.0 | 213.0 | 3.2 | | | | | |
| | | | | | | | | | | | | | | | | | | |
| | ***Vacuno, raza caribú*** | | | | | | | | | | | | | | | | | |

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| N° | Alimento | Energía (kj) <ENERC> | Energía (Kcal) <ENERC> | Agua (g) <WATER> | Proteínas (g) <PROTCNT> | Grasa Total (g) <FAT> | Carbohidratos totales (g) <CHO> | 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) <VIT C> |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 242 | Bife, cocido | 975.6 | 233.0 | 52.7 | 36.0 | 9.9 | 0.1 | 1.4 | | | | | | | | | | |
| 243 | Bife, crudo | 502.4 | 120.0 | 71.6 | 20.7 | 2.2 | 4.3 | 1.2 | | | | | | | | | | |
| 244 | Nalga, cocida | 824.8 | 197.0 | 55.3 | 38.6 | 4.4 | 0.7 | 1.0 | | | | | | | | | | |
| 245 | Nalga, cruda | 410.3 | 98.0 | 74.4 | 19.5 | | 4.9 | 1.1 | | | | | | | | | | |
| 246 | Paleta, cocida | 866.7 | 207.0 | 54.6 | 37.0 | 6.4 | 0.4 | 1.6 | | | | | | | | | | |
| 247 | Paleta, cruda | 448.0 | 107.0 | 76.4 | 19.0 | 3.4 | 0.2 | 1.0 | | | | | | | | | | |
| 248 | Vacío, cocido | 967.2 | 231.0 | 48.9 | 41.1 | 6.8 | 1.2 | 1.9 | | | | | | | | | | |
| 249 | Vacío, crudo | 439.6 | 105.0 | 75.3 | 18.4 | 2.2 | 3.1 | 1.1 | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | |
| | ***Vacuno, raza criolla*** | | | | | | | | | | | | | | | | | |
| 250 | Bife, cocido | 988.1 | 236.0 | 51.8 | 36.5 | 9.8 | 0.3 | 1.6 | | | | | | | | | | |
| 251 | Bife, crudo | 502.4 | 120.0 | 72.2 | 21.1 | 2.5 | 3.2 | 1.1 | | | | | | | | | | |
| 252 | Nalga, cocida | 741.1 | 177.0 | 59.6 | 35.1 | 3.8 | 0.6 | 0.9 | | | | | | | | | | |
| 253 | Nalga, cruda | 431.3 | 103.0 | 74.4 | 21.0 | 1.1 | 2.5 | 1.1 | | | | | | | | | | |
| 254 | Paleta, cocida | 803.9 | 192.0 | 56.8 | 35.5 | 5.2 | 0.9 | 1.6 | | | | | | | | | | |
| 255 | Paleta, cruda | 443.8 | 106.0 | 75.8 | 18.4 | 2.7 | 2.0 | 1.0 | | | | | | | | | | |
| 256 | Vacío, cocido | 850.0 | 203.0 | 53.9 | 38.4 | 5.0 | 1.2 | 1.5 | | | | | | | | | | |
| 257 | Vacío, crudo | 448.0 | 107.0 | 75.3 | 18.4 | 2.5 | 2.7 | 1.0 | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | |
| | ***Cerdo (1)*** | | | | | | | | | | | | | | | | | |
| 258 | Bola de lomo | | | | | 2.5 | | | | | | | | | | | | |
| 259 | Carré | | | | | 2.0 | | | | | | | | | | | | |
| 260 | Cuadrada | | | | | 3.2 | | | | | | | | | | | | |
| 261 | Lomo | | | | | 2.1 | | | | | | | | | | | | |
| 262 | Nalga | | | | | 2.0 | | | | | | | | | | | | |
| 263 | Peceto | | | | | 4.5 | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | |
| | ***Cordero Patagónico (2)*** | | | | | | | | | | | | | | | | | |
| 270 | Bife | | | | | 1.8 | | | | | | | | | | | | |
| 264 | Bola de lomo | | | | | 2.2 | | | | | | | | | | | | |
| 265 | Cuadrada | | | | | 2.3 | | | | | | | | | | | | |
| 266 | Cuadril | | | | | 2.3 | | | | | | | | | | | | |
| 267 | Nalga | | | | | 2.1 | | | | | | | | | | | | |

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| N° | Alimento | Energía (kj) <ENERC> | Energía (Kcal) <ENERC> | Agua (g) <WATER> | Proteínas (g) <PROTCNT> | Grasa Total (g) <FAT> | Carbohidratos totales (g) <CHO> | 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) <VIT C> |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 268 | Peceto | | | | | 2.2 | | | | | | | | | | | | |
| 269 | Total pata | | | | | 2.3 | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | |
| | ***Pollos (3)*** | | | | | | | | | | | | | | | | | |
| 271 | Pata sin piel | | | | | 3.9 | | | | | | | | | | | | |
| 272 | Pechuga sin piel | | | | | 1.2 | | | | | | | | | | | | |
| 273 | Piel sola | | | | | 45.7 | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | |
| | ***Vacuno - cortes de animales con nivel de gordura 1 (4)*** | | | | | | | | | | | | | | | | | |
| 274 | Bife angosto | | | | | 2.4 | | | | | | | | | | | | |
| 275 | Bola de lomo | | | | | 2.6 | | | | | | | | | | | | |
| 279 | Cuadrada | | | | | 1.1 | | | | | | | | | | | | |
| 276 | Cuadril, colita | | | | | 1.9 | | | | | | | | | | | | |
| 277 | Cuadril, corazón | | | | | 2.2 | | | | | | | | | | | | |
| 278 | Cuadril, tapa | | | | | 3.0 | | | | | | | | | | | | |
| 280 | Lomo | | | | | 3.8 | | | | | | | | | | | | |
| 281 | Marucha | | | | | 3.6 | | | | | | | | | | | | |
| 282 | Nalga | | | | | 1.0 | | | | | | | | | | | | |
| 283 | Palomita | | | | | 4.6 | | | | | | | | | | | | |
| 284 | Peceto | | | | | 1.6 | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | |
| | ***Vacuno - cortes de animales con nivel de gordura 2 (5)*** | | | | | | | | | | | | | | | | | |
| 285 | Bife angosto | | | | | 3.2 | | | | | | | | | | | | |
| 286 | Bola de lomo | | | | | 3.1 | | | | | | | | | | | | |
| 290 | Cuadrada | | | | | 1.2 | | | | | | | | | | | | |
| 287 | Cuadril, colita | | | | | 2.7 | | | | | | | | | | | | |
| 288 | Cuadril, corazón | | | | | 2.9 | | | | | | | | | | | | |
| 289 | Cuadril, tapa | | | | | 4.2 | | | | | | | | | | | | |
| 291 | Lomo | | | | | 5.2 | | | | | | | | | | | | |
| 292 | Marucha | | | | | 3.9 | | | | | | | | | | | | |
| 293 | Nalga | | | | | 1.1 | | | | | | | | | | | | |
| 294 | Palomita | | | | | 5.4 | | | | | | | | | | | | |
| 295 | Peceto | | | | | 1.8 | | | | | | | | | | | | |

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| N° | Alimento | Energía (kj) <ENERC> | Energía (Kcal) <ENERC> | Agua (g) <WATER> | Proteínas (g) <PROTCNT> | Grasa Total (g) <FAT> | Carbohidratos totales (g) <CHO> | 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) <VIT C> |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | ***Fiambres*** | | | | | | | | | | | | | | | | | |
| 522 | Jamon cocido "Villafranca Novissimo".El Bierzo. Reducido | 410.3 | 98.0 | 74.3 | 18.0 | 2.5 | | 3.1 | 486.0 | | | | | | | | | |
| 523 | Lomo ahumado de cerdo cocido "Villafranca Novissimo". E | 397.8 | 95.0 | 73.6 | 19.0 | 2.0 | | 4.3 | 902.0 | | | | | | | | | |
| 524 | Mortadela" Villafranca Novissimo". El Bierzo - reducida en | 582.0 | 139.0 | 66.7 | 16.0 | 5.7 | | 4.0 | 655.0 | | | | | | | | | |
| 525 | Pastron ahumado "Villafranca Novissimo". El Bierzo. Redu | 330.8 | 79.0 | 75.5 | 16.0 | 0.4 | | 3.4 | 658.0 | | | | | | | | | |
| 526 | Salame "Villafranca Novissimo".El Bierzo.Reducido en sodi | 561.1 | 134.0 | 67.6 | 22.0 | 4.6 | | 3.9 | 740.0 | | | | | | | | | |
| | ***Vizcacha*** | | | | | | | | | | | | | | | | | |
| 557 | Carne de vizcacha | 192.6 | 46.0 | 73.0 | 23.9 | 3.7 | 7.7 | 3.6 | | 260.0 | 69.0 | 29.0 | 2.6 | | | | | 9.9 |

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