

PESCADOS, MARISCOS Y CONSERVAS

Por 100 gramos de porción comestible

Nº	Alimento	Género - especie - variedad	Energía (kJ)	Energía (Kcal)	Agua (g)	Proteínas (g)	Grasa Total (g)	Carbohidratos totales (g)	Cenizas (g)	Ac. grasos saturados (g)	Ac. grasos monoinsaturados (g)	Ac. grasos poliinsaturados (g)	Sodio (mg)	Potasio (mg)	Calcio (mg)	Fósforo (mg)	Hierro (mg)	Zinc (mg)	Tiamina (mg)	Rivoflavina (mg)	Niacina (mg)	Vitamina C (mg)
			<ENERC>	<ENERC>	<WATER>	<PROTCNT>	<FAT>	<CHOCDF>	<ASH>	<FASAT>	<FAMS>	<FAPU>	<NA>	<K>	<CA>	<P>	<FE>	<ZN>	<THIA>	<RIBF>	<NIA>	<VITC>
Pescados																						
164	Abadejo, fresco, crudo, carne	Genypterus blacodes	301.5	72.0	81.9	15.8	0.9	0.2	1.2													
398	Amarillo, fresco, a la parrilla, músculo dorsal	Pimodolus clarias maculatus	766.3	183.0	65.9	21.3	10.9		2.2	3.4	5.7	1.5										
397	Amarillo, fresco, al horno, músculo dorsal	Pimodolus clarias maculatus	974.4	233.0	61.3	19.9	17.0		2.0	5.1	8.5	2.2										
395	Amarillo, fresco, crudo, músculo dorsal	Pimodolus clarias maculatus	591.8	141.0	73.7	17.3	8.0		1.1	5.4	8.8	1.9		13.0			0.6					
399	Amarillo, fresco, frito, músculo dorsal	Pimodolus clarias maculatus	970.3	232.0	59.4	22.8	15.6		1.9	5.1	8.6	2.2										
396	Amarillo, fresco, hervido, músculo dorsal	Pimodolus clarias maculatus	754.0	180.0	68.5	18.7	11.7		1.1	3.1	5.3	1.4										
165	Anchoa, fresca, cruda, carne	Pomatomus saltatrix	385.2	92.0	76.4	21.5	0.4	0.5	1.2				80.0	266.0	20.0	220.0	1.4		0.2	0.5	15.8	
166	Anchoita, fresca, cruda, carne	Engraulis anchoita hubbs larini	540.1	129.0	73.0	19.2	5.4	0.8	1.6													
403	Armado, fresco, al horno, músculo dorsal	Pterodotas granulosus	537.0	128.0	69.5	23.7	3.7		1.9	0.9	1.1	0.5										
400	Armado, fresco, crudo, músculo dorsal	Pterodotas granulosus	314.1	75.0	81.6	15.4	1.5		1.2	0.4	0.3	0.2			7.0		1.4					
401	Armado, fresco, crudo, músculo ventral	Pterodotas granulosus	430.0	103.0	79.9	14.6	4.9		1.0	1.1	1.6	0.5										
404	Armado, fresco, frito, músculo dorsal	Pterodotas granulosus	542.9	130.0	70.6	21.4	4.9		2.2	1.2	1.5	0.7										
402	Armado, fresco, hervido, músculo dorsal	Pterodotas granulosus	426.0	102.0	74.6	20.8	2.1		1.2	0.5	0.6	0.3										
167	Besugo, fresco, crudo, carne	Pagrus pagrus	418.7	100.0	76.0	20.4	2.0	0.0	1.7				84.0	264.0	17.0	228.0	1.8	3.3	0.1	0.4	8.0	
408	Boga, fresca, a la parrilla, músculo dorsal	Leporinus obtusidens	627.6	150.0	68.6	23.7	6.1		2.0	1.8	8.6	0.5										
407	Boga, fresca, al horno, músculo dorsal	Leporinus obtusidens	626.5	150.0	67.4	25.1	5.5		2.4	2.0	3.5	0.6										
168	Boga, fresca, cruda (carne entre aleta dorsal y ventral)	Leporinus affinis					3.9			1.0	1.4	0.3										
405	Boga, fresca, cruda, músculo ventral	Leporinus obtusidens	754.7	180.0	68.5	18.5	11.8		1.2													
409	Boga, fresca, frita, músculo dorsal	Leporinus obtusidens	702.5	168.0	65.8	24.3	7.9		2.4	2.3	4.0	0.6										
406	Boga, fresca, hervida, músculo dorsal	Leporinus obtusidens	663.2	158.0	69.4	22.7	7.5		1.1	2.3	3.9	0.6										
169	Bonito, fresco, crudo, carne	Sarda sarda	917.0	219.0	62.2	22.0	14.5	...	1.3													
170	Brótola, fresca, cruda, carne	Urophycis brasiliensis	347.5	83.0	79.5	17.6	1.2	0.4	1.4				82.0	282.0	18.0	207.0	2.1		0.1	0.2	27.2	2.7
171	Caballa, fresca, cruda, carne	Pneumatophorus japonicus marplatensis	971.4	232.0	60.4	22.0	15.8	0.4	1.4													
173	Castañeta, fresca, cruda, carne	Cheilodactylus bergi	397.8	95.0	77.6	18.4	2.3	0.3	1.4													
172	Castañeta, fresca, cruda, entera	Cheilodactylus bergi	711.8	170.0	67.4	17.0	11.1	0.5	4.0													
174	Congrio, fresco, crudo, carne	Leptocephalus orbignyanus	448.0	107.0	77.0	17.2	4.0	0.7	1.2													
175	Cornalito, fresco, crudo, entero	Sorgentinia incisa	360.1	86.0	79.2	16.0	2.2	0.6	2.2				90.0	296.0	680.0	590.0	2.0					
176	Corvina blanca, fresca, cruda, carne	Micropogonias undulatus	406.1	97.0	77.0	19.5	1.9	0.4	1.3										0.1	0.2	3.1	2.9
177	Corvina negra, fresca, cruda, carne	Pagonias cromis	351.7	84.0	78.8	18.8	0.8	0.4	1.2													
179	Dorado, fresco, crudo, carne	Salminus maxillosus	335.0	80.0	79.5	18.8	0.5	0.1	1.1													
178	Dorado, fresco, crudo (carne entre aleta ventral y dorsal)	Salminus maxillosus					2.6			0.6	0.9	0.3										
180	Gatuso, fresco, crudo, carne		301.5	72.0	81.7	17.4	0.2	0.1	0.6													
181	Jurel, fresco, crudo, carne	Trachurus pictatus	623.9	149.0	71.5	19.0	8.0	0.2	1.3													
182	Lenguado, fresco, crudo, carne	Paralichthys spp	326.6	78.0	80.2	17.5	0.8	0.2	1.4										0.1	0.3	3.5	1.8
183	Lisa, fresca, cruda, carne		611.3	146.0	72.3	17.9	7.8	1.1	1.0													
184	Merluza, fresca, cruda, carne	Merluccius merluccius	339.1	81.0	80.2	17.1	1.3	0.1	1.2				91.0	262.0	21.0	216.0	1.9		0.1	0.3	1.2	1.1
185	Mero, fresco, crudo, carne	Acanthistis brasiliensis	347.5	83.0	79.4	17.9	1.0	0.5	1.2													
413	Moncholo, fresco, al horno, músculo dorsal	Pimelodus albicans	792.4	189.0	65.0	22.0	11.3		1.9	3.0	4.9	1.6										
410	Moncholo, fresco, crudo, músculo dorsal	Pimelodus albicans	468.4	112.0	76.6	17.5	4.7		1.1	3.7	6.3	1.6			7.0		0.8					
411	Moncholo, fresco, crudo, músculo ventral	Pimelodus albicans	621.5	148.0	73.1	16.7	9.1		1.1	3.9	7.5	1.7										
412	Moncholo, fresco, hervido, músculo dorsal	Pimelodus albicans	781.2	187.0	69.5	16.7	13.3		0.9	2.0	3.3	1.0										
186	Palometa, fresca, cruda, carne	Parona signata	900.2	215.0	63.4	20.1	14.8	0.4	1.2													
187	Pargo, fresco, crudo, carne	Umbrina canosal	473.1	113.0	75.4	19.1	3.9	0.3	1.3													
416	Patí, fresco, a la parrilla, músculo dorsal	Luciopimelodus pati	707.6	169.0	66.5	22.6	8.8		2.5	2.8	3.9	1.2										
415	Patí, fresco, al horno, músculo dorsal	Luciopimelodus pati	767.6	183.0	67.2	20.6	11.2		2.2	3.5	4.9	1.5										
189	Patí, fresco, crudo, carne	Luciopimelodus pati	376.8	90.0	78.7	18.2	1.8	0.3	1.0				68.0	256.0	18.0	201.0	1.9					

