

Num.	Nombre del alimento	Porción Comestible %	Humedad %	Fibra g	Energía Kcal	Ácidos grasos						Minerales						Vitaminas									
						Hidratos de Carbono g	Proteínas Totales g	Grasas Totales g	Colesterol mg	Saturados Totales g	Monoinsaturados (oléico) g	Poliinsaturados (linoléico) g	Calcio mg	Fósforo mg	Hierro mg	Magnesio mg	Sodio mg	Potasio mg	Zinc mg	Retinol mcg	Ácido Ascórbico mg	Tiamina mg	Riboflavina mg	Niacina mg	Piridoxina mg	Ácido Fólico mcg	Cobalamina mcg
<b>HUEVO</b>																											
228	Clara de huevo de gallina	100.00	88.10	0.00	49.00	1.20	10.10	0.20	0.00	0.00	0.00	0.00	11.00	11.00	0.10	9.00	152.00	137.00	0.02	0.00	0.00	0.01	0.28	0.10	0.01	16.00	0.07
229	Huevo de codorniz	92.00	74.30	0.00	158.00	0.40	13.00	11.10	844.00	3.56	3.85	0.94	64.00	226.00	3.70	---	---	---	---	0.00	0.13	0.79	0.20	0.15	---	---	
231	Huevo de gansa	87.00	70.40	0.00	185.00	1.30	13.90	13.30	---	3.60	5.35	0.68	---	---	0.00	---	---	---	---	0.00	---	---	---	---	---	---	
232	Huevo de iguana	89.00	65.40	0.00	64.00	---	12.40	1.10	---	---	---	---	429.00	439.00	---	---	---	---	---	425.00	0.00	0.14	0.41	0.50	---	---	
233	Huevo de pata	88.00	70.80	0.00	185.00	1.40	12.80	13.70	884.00	3.68	6.08	0.56	64.00	220.00	3.90	16.00	146.00	222.00	1.41	70.00	0.00	0.16	0.40	0.20	0.25	80.00	5.40
234	Huevo de pava	88.00	72.50	0.00	171.00	1.20	13.70	11.80	933.00	3.63	3.90	1.17	99.00	170.00	4.10	---	---	---	---	---	0.00	0.11	0.47	0.10	---	---	---
235	Huevo de tortuga	89.00	79.20	0.00	115.00	0.90	12.60	6.30	---	---	---	---	62.00	180.00	1.60	---	---	---	---	65.00	0.00	0.28	0.31	0.10	---	---	---
236	Huevo deshidratado	100.00	4.10	0.00	594.00	4.70	45.80	41.80	1918.00	12.56	15.32	4.64	212.00	679.00	7.90	46.00	521.00	490.00	5.43	586.00	0.00	0.31	1.17	0.20	0.40	184.00	10.00
237	Huevo entero fresco	88.00	74.60	0.00	158.00	1.20	12.10	11.10	548.00	3.35	4.08	1.24	56.00	180.00	2.10	12.00	138.00	130.00	1.44	156.00	0.00	0.09	0.30	0.10	0.12	65.00	1.55
238	Yema de huevo	100.00	48.80	0.00	369.00	0.20	16.40	32.90	1602.00	9.89	12.06	3.66	152.00	508.00	5.60	15.00	49.00	90.00	3.38	552.00	0.00	0.25	0.44	0.10	0.31	152.00	3.80

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