

423	Naranja (jugo enlatado o embotellado)	100.00	89.00	0.10	42.00	9.90	0.60	0.10	0.00	0.02	0.02	0.03	8.00	18.00	0.40	11.00	2.00	175.00	0.07	120.00	34.00	0.06	0.03	0.30	0.09	0.00	0.00
424	Naranja (mermelada)	100.00	20.70	20.10	213.00	57.40	0.80	0.40	---	---	---	---	53.00	---	1.90	---	14.00	33.00	---	1.00	5.00	0.06	0.04	0.20	---	---	---
425	Néctar de fruta	100.00	42.00	0.00	51.00	14.10	0.10	0.00	0.00	0.00	0.00	0.00	5.00	---	0.20	4.00	7.00	40.00	0.08	26.00	5.00	0.00	0.01	0.30	---	---	---
426	Néctares de fruta	100.00	42.00	0.50	223.00	50.70	4.10	1.30	0.00	0.00	0.00	0.00	51.00	---	1.30	0.00	5.00	942.00	0.06	288.00	229.00	0.39	0.12	1.70	0.00	0.00	0.00
427	Nieve de frutas	100.00	66.90	0.00	97.00	24.20	0.50	0.20	---	---	---	---	36.00	---	1.10	---	0.00	3.00	---	1.00	9.00	0.02	0.02	0.30	---	---	---
428	Hojuelas de papas	100.00	2.50	1.40	523.00	51.80	6.40	35.40	0.00	9.07	5.95	18.03	40.00	139.00	1.80	---	#####	1130.00	1.06	0.00	0.00	0.14	0.02	4.10	0.51	45.20	0.00
429	Papas fritas	100.00	2.20	1.20	522.00	53.30	6.70	34.50	0.00	8.83	5.80	17.56	44.00	139.00	1.80	---	#####	1130.00	0.99	0.00	0.00	0.21	0.07	4.80	0.32	39.50	0.00
430	Papas fritas a la francesa	100.00	37.90	1.00	315.00	36.00	4.00	16.60	0.00	5.00	3.08	7.55	19.00	111.00	0.80	34.00	216.00	732.00	0.38	0.00	0.00	0.18	0.03	3.20	0.24	29.00	0.00
431	Papas hojuelas para puré	100.00	5.80	3.10	361.00	82.80	7.90	0.60	0.00	0.16	0.01	0.20	35.00	173.00	1.10	98.00	137.00	662.00	0.86	0.00	0.00	0.67	0.11	6.00	---	40.40	0.00
432	Papas sin semilla	100.00	17.40	2.30	315.00	77.00	3.00	3.30	---	---	---	---	79.00	101.00	3.20	---	---	---	---	3.00	0.00	0.05	0.10	1.60	---	---	---
433	Pepinillo encurtido	98.00	94.10	0.60	11.00	1.50	0.60	0.50	---	---	---	---	61.00	---	1.50	---	#####	200.00	---	4.00	3.00	0.01	0.02	0.10	---	---	---
434	Peras en almíbar	100.00	74.30	0.60	97.00	25.20	0.20	0.10	0.00	0.01	0.02	0.03	5.00	7.00	0.20	4.00	5.00	64.00	0.08	0.00	1.00	0.01	0.02	0.20	0.01	1.20	---
435	Piña (jugo embotellado ó enlatado)	100.00	80.40	0.00	52.00	13.90	0.30	0.10	0.00	0.01	0.01	0.02	17.00	9.00	0.30	13.00	1.00	134.00	0.11	0.00	---	0.02	0.02	0.10	0.10	23.10	0.00
436	Piña en almíbar	100.00	69.00	0.30	110.00	29.80	0.40	0.20	0.00	0.01	0.01	0.02	27.00	5.00	1.40	15.00	1.00	102.00	0.11	3.00	4.00	0.04	0.02	0.30	0.07	4.60	0.00
437	Pollo rostizado	56.00	53.50	0.00	290.00	0.00	25.20	22.80	---	7.00	9.00	5.00	10.00	220.00	1.90	---	---	---	0.78	207.00	---	0.07	0.22	7.40	---	---	---
438	Queso de tuna	100.00	17.20	---	289.00	79.00	1.30	---	---	---	---	---	51.00	---	13.00	---	---	---	---	11.00	88.00	0.20	0.20	1.50	---	---	---

439	Toronja (jugo embotellado)	100.00	87.30	0.00	46.00	11.10	0.60	0.10	0.00	0.01	0.01	0.02	81.00	15.00	0.40	10.00	2.00	162.00	0.06	0.00	21.00	0.03	0.01	0.20	0.02	10.40	0.00
440	Uchepo con leche	100.00	54.50	0.90	171.00	39.70	2.20	1.00	---	---	---	---	65.00	---	0.40	---	---	---	---	0.00	0.00	0.10	0.09	0.70	---	---	---
441	Uchepo dulce	100.00	60.40	1.00	130.00	34.40	2.70	0.80	---	---	---	---	32.00	---	1.00	---	---	---	---	0.00	0.00	0.15	0.09	1.20	---	---	---
442	Uchepo salado	100.00	54.50	0.50	116.00	27.30	5.00	0.80	---	---	---	---	32.00	---	2.10	---	---	---	---	0.00	0.00	0.15	0.09	1.00	---	---	---
443	Uva (jugo embotellado)	100.00	82.40	0.00	63.00	15.00	0.30	0.00	0.00	0.02	0.01	0.02	9.00	12.00	0.20	10.00	3.00	132.00	0.05	1.00	2.00	0.01	0.01	0.10	0.02	2.60	0.00
444	Verduras (jugo coctel)	100.00	93.60	0.30	19.00	4.10	0.80	0.10	0.00	0.01	0.01	0.04	11.00	22.00	0.40	11.00	365.00	193.00	0.20	117.00	27.00	0.04	0.03	0.70	0.14	0.00	0.00

ALIMENTOS INFANTILES ENVASADOS

CEREALES

445	Arroz precocido	100.00	7.20	0.50	371.00	80.00	6.60	1.60	---	---	---	---	858.00	734.00	50.20	---	530.00	208.00	1.98	0.00	0.00	2.56	1.24	19.70	---	---	---
446	Hojuelas de avena (precocida)	100.00	7.00	1.50	375.00	66.00	16.50	5.50	---	---	---	---	757.00	---	48.20	---	437.00	374.00	3.69	0.00	0.00	2.58	1.05	21.30	---	---	---
447	Hojuelas de cereales con plátano	100.00	4.50	0.90	391.00	77.10	10.70	4.60	---	---	---	---	690.00	---	67.60	90.00	118.00	668.00	1.40	12.00	3.00	3.78	3.56	20.50	0.41	---	0.24

COLADOS DE CARNE

448	Cordero	100.00	80.30	0.00	103.00	0.00	14.10	4.70	---	2.31	1.78	0.13	7.00	---	1.50	13.00	62.00	205.00	2.76	26.00	1.00	0.02	0.20	2.90	0.15	2.30	2.19
449	Higado	100.00	79.30	0.00	101.00	1.40	14.30	3.80	---	1.37	0.69	0.22	4.00	---	5.30	13.00	74.00	227.00	2.98	11452.00	10.00	0.05	1.81	8.30	0.34	337.40	2.16
450	Pollo	100.00	77.50	---	130.00	0.10	13.70	7.90	---	2.03	3.25	1.85	64.00	129.00	1.40	13.00	47.00	141.00	1.21	40.00	2.00	0.01	0.15	3.30	0.20	10.40	---
451	Res	100.00	80.60	0.00	107.00	0.00	13.60	5.40	---	2.58	1.91	0.09	7.00	127.00	1.50	17.00	81.00	220.00	2.46	55.00	0.00	0.01	0.14	2.80	0.14	5.50	1.42
452	Ternera	100.00	80.90	0.10	101.00	0.00	13.50	4.80	---	2.29	1.79	0.10	7.00	130.00	1.30	12.00	64.00	216.00	2.00	14.00	2.00	0.02	0.16	3.60	0.15	5.90	---

PURES

453	Macarrones con pollo	100.00	88.50	0.30	52.00	7.50	2.10	1.50	---	---	---	---	22.00	30.00	0.50	9.00	16.00	39.00	0.30	112.00	1.00	0.03	0.05	0.40	0.03	5.40	---
454	Verduras (chicharo)	100.00	87.50	1.20	40.00	8.10	3.50	0.30	0.00	0.00	0.00	0.00	20.00	---	0.90	15.00	4.00	112.00	0.35	56.00	7.00	0.08	0.06	1.00	0.07	25.90	---
455	Verduras (zanahoria)	100.00	92.30	0.80	27.00	6.00	0.80	0.10	0.00	0.00	0.00	0.00	22.00	---	0.40	9.00	37.00	196.00	0.15	1146.00	6.00	0.02	0.04	0.50	0.07	14.90	---
456	Verduras con carne de res	100.00	88.50	0.20	53.00	7.00	2.00	2.00	---	---	---	---	12.00	39.00	0.40	5.00	21.00	101.00	0.33	171.00	1.00	0.02	0.03	0.50	0.05	4.70	0.25
457	Verduras con cordero	100.00	88.60	0.30	52.00	6.90	2.00	2.00	---	---	---	---	12.00	37.00	0.40	7.00	20.00	94.00	0.22	283.00	1.00	0.02	0.03	0.50	0.05	3.60	0.16
458	Verduras con hígado	100.00	90.00	0.20	39.00	6.90	2.20	0.40	---	---	---	---	7.00	57.00	2.20	0.00	18.00	94.00	---	735.00	2.00	0.02	0.27	1.20	0.08	28.70	---
459	Verduras con jamón	100.00	89.20	0.20	48.00	6.90	1.80	1.70	---	---	---	---	8.00	---	0.30	5.00	12.00	85.00	0.19	95.00	2.00	0.03	0.03	0.40	0.03	4.90	---
460	Verduras con pavo	100.00	90.10	0.20	42.00	6.60	1.70	1.20	---	---	---	---	16.00	---	0.30	---	13.00	44.00	0.23	112.00	1.00	0.01	0.02	0.30	0.03	2.60	---
461	Verduras con pollo	100.00	90.00	0.20	43.00	6.60	1.90	1.10	---	---	---	---	14.00	---	0.30	---	11.00	30.00	---	137.00	1.00	0.01	0.02	0.20	0.02	3.20	---
462	Verduras con tocino	100.00	85.90	0.40	69.00	8.60	1.60	3.30	3.00	1.19	1.47	0.33	14.00	28.00	0.40	---	43.00	89.00	---	298.00	1.00	0.03	0.03	0.50	0.08	9.20	0.10
463	Verduras mixtas	100.00	88.70	---	41.00	9.50	1.20	0.10	0.00	0.00	0.00	0.00	22.00	---	0.30	---	8.00	121.00	0.14	273.00	3.00	0.02	0.03	0.50	---	8.00	---

PURÉS DE FRUTA

464	Chabacano con tapioca	100.00	83.10	0.30	60.00	16.30	0.30	0.00	0.00	0.00	0.00	0.00	9.00	---	0.30	4.00	8.00	121.00	0.04	72.00	2.00	0.01	0.01	0.20	0.03	1.50	---
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465	Ciruella pasa con tapioca	100.00	80.30	0.30	70.00	18.50	0.60	0.10	---	---	---	15.00	21.00	0.40	10.00	5.00	177.00	0.09	45.00	1.00	0.02	0.08	0.50	0.08	0.20	---	
466	Durazno	100.00	80.10	0.70	71.00	18.90	0.50	0.20	0.00	0.00	0.00	6.00	14.00	0.20	6.00	6.00	162.00	0.09	16.00	3.00	0.01	0.03	0.60	0.02	3.90	---	
467	Guayaba con tapioca	100.00	81.20	1.00	67.00	18.30	0.30	0.00	0.00	0.00	0.00	7.00	---	0.20	2.00	2.00	73.00	0.08	30.00	75.00	0.01	0.07	0.40	0.04	0.00	0.00	
468	Mango con tapioca	100.00	77.70	0.20	80.00	21.60	0.30	0.20	---	---	---	4.00	---	0.10	4.00	4.00	59.00	0.06	67.00	2.00	0.02	0.03	0.20	0.12	---	---	
469	Manzana	100.00	79.90	---	72.00	19.60	0.40	0.00	0.00	0.00	0.00	19.00	---	0.20	---	10.00	50.00	0.03	2.00	---	0.01	0.04	0.10	---	0.40	---	
470	Manzana (jugo)	100.00	88.00	---	47.00	11.70	0.00	0.10	---	---	---	4.00	9.00	0.60	3.00	3.00	91.00	0.03	2.00	3.00	0.01	0.02	0.10	0.03	0.10	---	
471	Manzana y chabacano	100.00	87.70	0.70	45.00	11.60	0.20	0.20	0.00	0.00	0.00	6.00	---	0.30	4.00	3.00	120.00	0.04	39.00	2.00	0.01	0.03	0.10	0.03	1.30	---	
472	Naranja (jugo)	100.00	88.50	0.00	44.00	10.20	0.60	0.30	0.00	0.00	0.00	12.00	---	0.20	9.00	1.00	184.00	0.06	6.00	62.00	0.04	0.03	0.20	0.05	26.40	0.00	
473	Purè de pera	100.00	88.40	---	41.00	10.80	0.30	0.20	---	---	---	8.00	8.00	0.20	8.00	2.00	130.00	0.08	3.00	2.00	0.01	0.03	0.20	0.01	3.60	---	
474	Purè de pera y piña	100.00	88.50	0.30	41.00	10.90	0.30	0.10	0.00	0.00	0.00	10.00	12.00	0.20	7.00	4.00	116.00	0.07	3.00	2.00	0.02	0.03	0.20	0.02	2.80	---	
475	Platano y piña con tapioca	100.00	81.10	0.20	68.00	18.40	0.20	0.10	---	---	---	7.00	---	0.10	6.00	8.00	78.00	0.03	4.00	2.00	0.02	0.02	0.20	0.09	5.50	---	
Purès con 6% a 8% de proteínas																											
476	Carne de res con verduras	100.00	85.40	0.20	75.00	4.20	5.70	4.20	---	---	---	12.00	84.00	0.70	8.00	36.00	140.00	1.30	110.00	2.00	0.03	0.07	1.30	0.09	5.70	0.51	
477	Jamón con verduras	100.00	84.10	0.20	76.00	5.50	6.30	3.50	---	1.18	1.46	0.45	11.00	---	0.60	9.00	22.00	155.00	1.00	41.00	2.00	0.10	0.08	1.40	0.11	6.30	0.27
478	Pavo con verduras	100.00	83.00	0.10	87.00	6.00	6.00	4.80	---	---	---	62.00	63.00	0.70	8.00	30.00	120.00	1.00	93.00	1.00	0.01	0.07	1.00	0.04	9.60	0.44	
479	Pollo con verduras	100.00	83.70	0.20	78.00	5.90	6.20	3.60	---	---	---	52.00	85.00	1.00	7.00	27.00	59.00	0.95	83.00	1.00	0.03	0.07	1.00	0.06	1.10	0.14	
480	Termera con verduras	100.00	84.60	0.30	69.00	6.10	6.00	2.70	---	---	---	9.00	71.00	0.60	8.00	24.00	153.00	1.00	75.00	2.00	0.02	0.07	1.60	0.08	---	0.45	
SOPAS ENLATADAS																											
CONDENSADAS CON CALDO																											
481	Cebolla	100.00	86.30	0.40	46.00	6.70	3.10	1.40	0.00	0.21	0.60	0.50	22.00	5.00	0.60	2.00	860.00	56.00	0.50	0.00	0.00	0.03	0.02	0.50	0.04	12.40	0.00
482	Chicharo	100.00	68.50	0.50	125.00	20.20	6.50	2.20	0.00	1.07	0.70	0.26	21.00	43.00	1.50	30.00	752.00	145.00	1.30	15.00	1.00	0.08	0.05	0.90	0.04	1.40	0.00
483	Jitomate	100.00	81.20	0.40	68.00	13.20	1.60	1.50	0.00	0.29	0.33	0.63	11.00	14.00	1.40	6.00	695.00	210.00	0.19	47.00	10.00	0.07	0.04	1.10	0.09	11.70	0.00
484	Pollo con arroz	100.00	87.80	0.10	49.00	5.80	2.90	1.60	5.00	0.37	0.68	0.32	14.00	10.00	0.60	0.00	665.00	82.00	0.21	39.00	0.00	0.01	0.02	0.90	0.02	0.90	---
485	Pollo con tallarines	100.00	85.10	0.10	61.00	7.60	3.20	1.90	5.00	0.49	0.77	0.36	11.00	15.00	0.60	4.00	757.00	45.00	0.23	9.00	0.00	0.05	0.05	1.20	0.02	1.80	---
486	Pollo con verduras (p)	100.00	85.50	0.10	61.00	7.00	2.90	2.30	7.00	0.69	0.87	0.45	14.00	16.00	0.70	5.00	771.00	126.00	0.30	217.00	0.00	0.04	0.05	1.00	0.04	---	---
487	Res con tallarines	100.00	84.44	0.50	67.00	7.20	3.90	2.50	4.00	0.91	0.87	0.33	12.00	20.00	0.90	5.00	759.00	79.00	1.23	50.00	0.00	0.06	0.05	0.80	0.03	3.50	0.16
488	Verduras mixtas	100.00	91.50	0.30	34.00	5.40	1.20	0.80	1.00	0.18	0.22	0.28	7.00	16.00	0.40	3.00	336.00	80.00	0.33	87.00	0.00	0.02	0.02	0.40	0.02	---	1.00
489	Verduras (minestrone)	100.00	82.90	0.60	68.00	9.20	3.50	2.10	1.00	0.44	0.54	0.79	28.00	24.00	0.80	6.00	744.00	255.00	0.60	191.00	0.00	0.04	0.04	0.80	0.08	13.10	0.00
CREMAS CONDENSADAS *																											
490	Apio	100.00	84.90	0.30	72.00	7.00	1.30	4.50	11.00	1.12	0.95	1.94	32.00	30.00	0.50	5.00	757.00	98.00	0.12	51.00	1.00	0.02	0.04	0.30	0.01	1.90	---
491	Champiñones (p)	100.00	81.20	0.20	103.00	7.40	1.60	7.60	1.00	2.05	1.36	3.52	26.00	43.00	0.40	4.00	810.00	67.00	0.47	0.00	0.00	0.02	0.07	0.60	0.01	---	---
492	Espárrago	100.00	84.00	0.60	69.00	8.50	1.80	3.30	4.00	0.82	0.69	1.42	23.00	31.00	0.60	3.00	782.00	138.00	0.70	75.00	---	0.04	0.06	0.60	0.01	---	---
493	Pollo (p)	100.00	81.80	0.10	93.00	7.40	2.70	5.90	---	1.87	1.60	0.61	27.00	29.00	0.50	2.00	786.00	70.00	0.50	105.00	0.00	0.02	0.05	0.70	0.01	1.30	---

GIMNASIO NUEVO JORDAN
MEXICO