

197	Nectarina	91.00	86.30	0.40	49.00	11.80	0.90	0.50	---	---	---	5.00	16.00	0.20	8.00	0.00	212.00	0.09	74.00	5.00	0.02	0.04	1.00	0.03	4.00	0.00				
198	Nispero	60.00	88.00	1.20	48.00	12.40	0.40	0.20	0.00	0.04	0.01	0.08	16.00	14.00	0.30	13.00	1.00	266.00	0.05	52.00	1.00	0.02	0.02	0.20	0.02	8.00	0.00			
199	Papaya	68.00	88.80	1.20	39.00	9.80	0.60	0.10	0.00	0.04	0.02	0.01	24.00	5.00	0.10	10.00	3.00	257.00	0.07	21.00	62.00	0.03	0.03	0.30	0.02	---	0.00	0.80	0.40	1.10
200	Pera	81.00	83.10	2.30	61.00	15.90	0.50	0.40	0.00	0.02	0.08	0.09	9.00	11.00	0.20	6.00	0.00	125.00	0.12	1.00	4.00	0.02	0.04	0.10	0.02	7.00	0.00	2.50	0.40	2.87
201	Perón	70.00	82.80	2.10	62.00	15.90	0.40	0.40	---	---	---	---	10.00	---	0.80	---	---	---	---	1.00	5.00	0.04	0.02	0.10	---	---	---			
202	Piña	53.00	89.20	1.40	49.00	12.40	0.40	0.40	0.00	0.03	0.04	0.08	35.00	7.00	0.50	14.00	1.00	113.00	0.08	12.00	15.00	0.09	0.04	0.40	0.09	11.00	0.00	1.20	0.10	1.20
203	Pitahaya	45.00	84.40	2.20	48.00	10.40	1.60	0.60	---	---	---	---	11.00	26.00	1.90	---	---	---	---	0.00	16.00	0.07	0.07	0.30	---	---	---			
204	Plátano dominico	54.00	69.00	*2.10	96.00	24.70	1.70	0.20	---	---	---	---	8.00	---	1.30	33.00	3.00	370.00	---	36.00	23.00	0.08	0.07	0.70	0.50	22.00	---			
205	Plátano macho	52.00	74.30	*2.10	192.00	23.40	1.00	0.50	0.00	0.18	0.03	0.06	6.00	20.00	0.30	29.00	1.00	396.00	0.16	77.00	9.00	0.09	0.04	0.50	0.58	19.00	0.00			
206	Plátano manzano	54.00	73.00	*2.10	96.00	24.20	1.00	0.60	---	---	---	---	8.00	---	1.30	33.00	1.00	370.00	0.16	14.00	13.00	0.05	0.04	0.70	0.50	22.00	0.00			
207	Plátano morado	54.00	75.50	*2.10	84.00	21.10	1.90	0.20	---	---	---	---	14.00	---	1.40	33.00	1.00	370.00	0.16	42.00	8.00	0.19	0.05	0.40	0.50	22.00	0.00			
208	Plátano tabasco	68.00	71.60	*2.10	86.00	22.00	1.20	0.30	---	---	---	---	13.00	---	0.70	33.00	1.00	370.00	0.17	62.00	13.00	0.06	0.04	0.50	0.50	22.00	0.00			
209	Plátano (promedio)	68.00	73.20	*2.10	86.00	22.00	1.40	0.30	0.00	0.11	0.02	0.04	12.00	---	1.80	33.00	1.00	370.00	0.16	41.00	13.00	0.09	0.05	0.50	0.58	19.00	0.00	1.60	0.40	2.00
210	Pomarroza	68.00	82.40	1.40	63.00	16.40	0.60	0.20	0.00	---	---	---	36.00	15.00	0.40	5.00	0.00	123.00	0.06	34.00	22.00	0.02	0.03	0.80	---	---	---			
211	Pomelo	0.59	90.30	0.20	38.00	9.60	0.60	0.10	0.00	---	---	---	4.00	26.00	0.10	6.00	1.00	216.00	0.08	0.00	61.00	0.03	0.03	0.20	0.04	12.00	0.00			
212	Prisco	88.00	85.00	1.40	38.00	9.70	0.60	0.10	0.00	0.02	0.06	0.04	21.00	---	0.30	10.00	1.00	202.00	0.14	35.00	10.00	0.07	0.01	0.30	---	---	---			
213	Sandia	46.00	91.50	0.30	32.00	7.20	0.60	0.40	0.00	---	---	---	8.00	283.00	0.20	11.00	2.00	116.00	0.07	36.00	10.00	0.08	0.02	0.20	0.14	2.00	0.00	0.20	0.10	0.26
214	Saramuyo	43.00	67.80	1.10	94.00	23.60	2.10	0.30	0.00	---	---	---	24.00	---	0.60	21.00	9.00	247.00	---	31.00	36.00	0.11	0.11	0.90	0.20	---	0.00			
215	Tamarindo	50.00	31.40	7.40	239.00	62.50	2.80	0.60	0.00	0.27	0.18	0.06	74.00	113.00	2.80	92.00	28.00	628.00	0.10	10.00	4.00	0.43	0.15	1.90	0.07	---	0.00	5.10	2.40	7.40
216	Tejocote	85.00	74.70	2.70	87.00	22.00	0.80	0.60	0.00	---	---	---	94.00	---	1.60	---	---	---	---	422.00	46.00	0.04	0.06	0.40	---	---	0.00			
217	Toronja	66.00	86.60	1.30	46.00	11.10	0.80	0.40	0.00	0.01	0.01	0.02	29.00	21.00	0.10	8.00	0.00	139.00	0.07	3.00	53.00	0.01	0.03	0.30	0.04	10.00	0.00	0.80	0.30	1.11
218	Tuna cardona	55.00	91.00	0.20	31.00	8.10	0.60	0.00	0.00	---	---	---	49.00	16.00	2.60	85.00	5.00	220.00	---	5.00	22.00	0.02	0.02	0.20	---	---	0.00			
219	Tuna con semilla (promedio)	55.00	87.60	4.50	38.00	10.00	0.30	0.10	0.00	---	---	---	56.00	32.00	0.30	85.00	5.00	220.00	0.12	5.00	14.00	0.01	0.06	0.50	---	---	0.00	4.00	0.20	4.50
220	Usté (XBeck che) o Acerola	73.00	88.30	2.00	31.00	5.00	2.60	0.50	---	---	---	---	22.00	---	0.20	18.00	7.00	146.00	---	35.00	1678.00	0.02	0.06	0.40	0.01	---	0.00			
221	Uva	68.00	80.70	1.30	71.00	17.80	0.70	0.60	0.00	0.19	0.02	0.13	11.00	13.00	0.20	6.00	2.00	185.00	0.05	8.00	11.00	0.09	0.06	0.30	0.11	4.00	0.00	0.90	0.10	0.98
222	Xocoyol	25.00	91.80	1.30	25.00	6.60	0.20	0.10	---	---	---	---	130.00	---	4.30	---	---	---	---	388.00	26.00	0.11	0.13	0.40	---	---	---			
223	Zapote amarillo	62.00	77.30	1.10	79.00	20.00	1.20	0.50	0.00	---	---	---	34.00	---	2.10	---	15.00	47.00	---	18.00	59.00	0.04	0.06	2.30	---	---	0.00			
224	Zapote blanco	76.00	83.80	1.20	70.00	16.10	1.70	0.70	---	---	---	---	8.00	---	0.20	---	---	---	---	7.00	36.00	0.04	0.08	0.60	---	---	---			
225	Zapote borracho o sunzapote	60.00	59.70	1.00	141.00	36.20	1.30	0.80	---	---	---	---	36.00	36.00	0.70	---	---	---	---	25.00	40.00	0.18	0.00	3.30	---	---	---			
226	Zapote negro	62.00	82.00	1.20	56.00	14.50	0.80	0.10	---	---	---	---	47.00	26.00	1.60	---	---	---	---	10.00	83.00	0.02	0.03	0.20	---	---	---			
227	Zarzamora	96.00	85.60	4.10	52.00	12.80	0.70	0.60	0.00	0.02	0.05	0.21	32.00	21.00	0.50	20.00	0.00	196.00	0.27	39.00	21.00	0.03	0.04	0.40	0.06	0.00	0.00			

GIMNASIO NUEVO JORDAN
MEXICO