

Num.Nombre del alimento	Porción Comestible %	Humedad %	Fibra g	Energía Kcal	Hidratos de Carbono g	Proteínas Totales g	Grasas Totales g	Colesterol mg	Acidos grasos			Minerales						Vitaminas									
									Saturados Totales g	Monoinsaturados (oléico) g	Polinsaturados (linoléico) g	Calcio mg	Fósforo mg	Hierro mg	Magnesio mg	Sodio mg	Potasio mg	Zinc mg	Retinol mcg	Acido		Riboflavin		Niacina mg	Piridoxina mg	Acido Fólico mcg	Cobalamina mcg
																				Ascórbico mg	Tiamina mg	vina mg	mg				
OTROS ANIMALES E INSECTOS COMESTIBLES																											
19 Acociles	95.00	66.50	0.00	93.00	2.70	17.10	1.30	---	---	---	---	3250.00	423.00	8.40	---	---	---	---	---	8.00	0.00	0.00	1.02	3.70	---	---	---
20 Ahuahutle (1)	100.00	10.80	0.00	329.00	1.80	63.80	3.50	---	---	---	---	104.00	693.00	9.50	---	---	---	---	---	---	0.00	0.41	0.91	11.40	---	---	---
21 Armadillo	---	64.50	0.00	173.00	0.00	29.00	5.40	---	---	---	---	30.00	208.00	10.90	---	---	---	---	---	---	0.00	0.10	0.40	6.00	---	---	---
22 Conejo de crianza	80.00	70.40	0.00	159.00	0.00	20.40	8.00	65.00	3.00	3.00	1.00	18.00	210.00	2.40	20.00	43.00	360.00	1.40	---	---	0.00	0.04	0.18	10.00	0.50	5.00	10.00
23 Gusanos de Maguey	100.00	67.30	0.00	200.00	0.00	16.70	13.70	---	---	---	---	142.00	140.00	4.30	---	---	---	---	---	---	0.00	0.42	0.58	3.00	---	---	---
24 Iguana	30.00	72.90	0.00	112.00	0.00	24.40	0.90	---	---	---	---	25.00	252.00	3.40	---	---	---	---	---	225.00	0.00	0.05	0.24	8.20	---	---	---
25 Jumiles (2)	---	27.00	0.00	446.00	0.00	32.20	34.20	---	---	---	---	78.00	285.00	10.10	---	---	---	---	---	---	---	0.32	1.28	3.80	---	---	---
26 Liebre	---	73.00	0.00	135.00	0.00	21.00	5.00	65.00	2.00	2.00	1.00	12.00	157.00	3.20	20.00	43.00	360.00	1.40	---	---	0.00	0.09	0.19	5.00	0.50	5.00	10.00
27 Sats orugas	---	83.80	0.00	56.00	0.00	10.70	1.20	---	---	---	---	54.00	39.00	4.10	---	---	---	---	---	22.00	0.00	0.28	0.20	2.40	---	---	---
28 Venado crudo (carne magra)	90.00	74.00	0.00	126.00	0.00	21.00	4.00	---	3.00	1.00	0.01	10.00	264.00	---	---	90.00	320.00	---	---	---	0.00	0.23	0.48	6.30	---	---	---
29 Venado (asado)	72.00	67.10	0.00	146.00	0.00	29.50	2.20	---	---	---	---	20.00	298.00	3.50	---	80.00	500.00	---	---	---	0.00	0.37	0.28	7.40	---	---	---

GIMNASIO NUEVO JORDAN
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