

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	Monoinsa- turados (oléico) g	Polinsa- turados (linoléico) g	Calcio mg	Fósforo mg	Hierro mg	Magnesio mg	Sodio mg	Potasio mg	Zinc mg	Retinol mcg	Acido		Ribofla- vina		Niacina mg	Piridoxina mg	Acido Fólico mcg	Cobalamina mcg
																				Ascórbico mg	Tiamina mg	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	---	---	---

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