

Num.	Nombre del alimento	Porción Comestible %	Humedad %	Fibra g	Energía Kcal	Hidratos de Carbono g	Proteínas Totales g	Grasas Totales g	Colesterol mg	Ácidos grasos			Minerales						Vitaminas									
										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>LECHE Y QUESO</b>																												
<b>LECHES</b>																												
238	Leche fresca (pasteurizada o cruda)	100.00	87.90	0.00	61.00	4.70	3.30	3.30	14.00	2.10	1.00	0.10	119.00	93.00	0.10	13.00	49.00	152.00	0.38	31.00	1.00	0.04	0.16	0.10	0.04	5.00	0.36	
239	Leche fresca (semidescremada)	100.00	89.20	0.00	50.00	4.80	3.30	1.90	8.00	1.20	0.48	0.04	122.00	95.00	0.10	14.00	50.00	154.00	0.39	---	1.00	0.04	0.17	0.10	0.04	5.00	0.36	
240	Leche hervida	100.00	88.20	0.00	68.00	5.20	3.40	3.80	14.00	2.10	1.00	0.10	113.00	---	0.10	13.00	49.00	152.00	0.38	31.00	0.00	0.04	0.16	0.10	0.04	5.00	0.36	
241	Leche condensada	100.00	27.20	0.00	321.00	54.40	7.90	8.70	34.00	5.50	2.19	0.22	284.00	253.00	0.20	26.00	127.00	371.00	0.94	81.00	3.00	0.09	0.42	0.20	0.05	11.00	0.44	
242	Leche evaporada (entera)	100.00	74.00	0.00	134.00	10.00	6.80	7.60	29.00	4.59	2.10	0.17	261.00	202.00	0.10	24.00	106.00	303.00	0.77	54.00	2.00	0.05	0.32	0.20	0.05	8.00	0.16	
243	Leche evaporada (descremada)	100.00	79.40	0.00	78.00	11.40	7.60	0.20	4.00	0.12	0.06	0.01	290.00	195.00	0.30	27.00	115.00	332.00	0.90	2.00	1.00	0.04	0.31	0.20	0.06	9.00	0.24	
244	Leche descremada en polvo	100.00	3.20	0.00	362.00	51.90	36.10	0.80	20.00	0.50	0.17	0.02	1257.00	968.00	0.30	110.00	535.00	1794.00	4.08	8.00	7.00	0.42	1.55	1.00	0.36	50.00	4.03	
245	Leche descremada en polvo (instantánea)	100.00	4.00	0.00	359.00	52.20	35.10	0.70	18.00	0.47	0.16	0.02	1231.00	985.00	0.30	117.00	549.00	1705.00	4.41	---	6.00	0.41	1.74	1.00	0.34	50.00	3.99	
246	Leche entera en polvo	100.00	2.50	0.00	496.00	38.40	26.30	26.70	97.00	16.70	6.19	0.46	912.00	776.00	0.50	85.00	371.00	1330.00	3.34	280.00	8.00	0.28	1.20	0.60	0.30	37.00	3.25	
247	Leche modificada en polvo	100.00	3.00	0.00	507.00	55.10	13.30	27.00	---	---	---	---	335.00	---	0.50	---	---	---	---	---	860.00	3.00	0.04	0.63	3.00	---	---	---
248	Yogur natural (leche entera)	100.00	87.90	0.00	52.00	4.70	3.50	3.30	13.00	2.10	0.74	0.06	121.00	95.00	0.10	12.00	46.00	155.00	---	30.00	1.00	0.03	0.14	0.10	0.03	7.00	0.37	
249	Yogur natural (leche semidescremada)	100.00	85.10	0.00	63.00	7.00	5.20	1.60	6.00	1.00	0.35	0.03	183.00	144.00	0.10	17.00	70.00	234.00	---	16.00	1.00	0.04	0.21	0.10	0.05	11.00	0.56	
250	Leche fresca de cabra	100.00	87.00	0.00	69.00	4.40	3.60	4.10	11.00	2.67	0.98	0.11	134.00	111.00	0.10	14.00	50.00	204.00	0.30	56.00	1.00	0.05	0.14	0.30	0.05	1.00	0.07	
251	Leche de burra	100.00	89.00	0.00	53.00	6.10	2.00	2.40	---	---	---	---	82.00	57.00	0.90	---	---	---	---	---	20.00	2.00	0.06	0.03	0.10	---	---	---
252	Leche materna	100.00	87.50	0.00	45.00	6.90	1.00	1.50	4.00	1.01	0.74	0.19	32.00	14.00	0.10	3.00	17.00	51.00	0.17	64.00	5.00	0.01	0.04	0.20	0.01	5.00	0.04	
<b>QUESOS FRESCOS Y PROCESADOS</b>																												
253	Queso añejo tipo cotija	100.00	32.40	0.00	291.00	---	28.20	33.20	85.00	---	---	---	860.00	---	2.40	---	---	---	---	650.00	0.00	0.07	0.81	0.20	---	---	---	
254	Queso fresco de cabra	100.00	62.70	0.00	178.00	8.70	23.60	5.00	---	---	---	---	867.00	---	5.70	---	---	---	---	40.00	0.00	0.07	0.60	0.40	---	---	---	
255	Queso fresco de vaca	100.00	62.70	0.00	146.00	5.00	15.30	7.00	---	---	---	---	684.00	0.00	0.30	---	---	---	---	70.00	0.00	0.02	0.24	0.10	---	---	---	
256	Queso chihuahua	100.00	28.70	0.00	458.00	1.90	28.80	37.00	---	---	---	---	795.00	---	5.80	---	---	---	---	184.00	0.00	0.06	0.84	0.00	---	---	---	
257	Queso oaxaca	100.00	45.20	0.00	317.00	3.00	25.70	22.00	85.00	---	---	---	469.00	---	3.30	---	---	---	---	271.00	0.00	0.09	0.73	0.20	---	---	---	
258	Queso holandés	100.00	32.40	0.00	374.00	8.10	33.50	26.00	85.00	---	---	---	829.00	---	1.70	---	---	---	---	283.00	0.00	0.06	0.61	0.10	---	---	---	
259	Queso semiblando holandés	100.00	51.00	0.00	260.00	2.50	21.50	18.00	---	---	---	---	686.00	---	2.60	---	---	---	---	50.00	0.00	0.08	0.49	0.20	---	---	---	
260	Queso tipo Roquefort	100.00	39.40	0.00	369.00	2.00	21.50	30.60	90.00	19.26	7.46	0.62	315.00	---	0.50	30.00	800.00	150.00	---	372.00	0.00	0.03	0.01	1.20	0.10	50.00	1.20	
261	Queso tipo camembert	100.00	51.80	0.00	300.00	0.50	19.80	24.30	72.00	15.26	5.75	0.45	388.00	347.00	0.30	20.00	842.00	187.00	2.38	252.00	0.00	0.03	0.49	0.60	0.23	2.00	1.30	
262	Queso cheddar	100.00	36.80	0.00	403.00	1.30	24.90	33.10	105.00	21.09	7.90	0.58	721.00	512.00	0.70	28.00	620.00	98.00	3.11	303.00	0.00	0.03	0.38	0.10	0.07	18.00	0.83	
263	Requesón cremoso	100.00	78.90	0.00	103.00	2.70	12.50	4.50	15.00	2.85	1.60	0.10	60.00	132.00	0.10	5.00	405.00	84.00	0.37	48.00	0.00	0.02	0.16	0.10	0.07	12.00	0.62	
264	Requesón semi descremado	100.00	82.40	0.00	72.00	2.70	12.40	1.00	4.00	0.64	0.24	0.02	61.00	134.00	0.10	5.00	406.00	86.00	0.38	11.00	0.00	0.02	0.17	0.10	0.07	12.00	0.63	
265	Queso manchego	100.00	41.80	0.00	376.00	0.50	29.00	28.70	95.00	14.90	6.20	0.25	835.00	---	0.80	39.00	1200.00	200.00	3.50	288.00	---	0.03	0.30	0.70	0.08	20.00	---	
266	Queso parmesano (duro)	100.00	29.20	0.00	392.00	3.20	36.00	26.00	68.00	16.40	6.66	0.27	1184.00	694.00	0.80	44.00	1602.00	92.00	2.75	318.00	0.00	0.04	0.33	0.30	0.09	7.00	---	
267	Queso suizo	100.00	37.20	0.00	376.00	3.40	28.40	27.40	92.00	17.78	6.02	0.62	961.00	---	0.20	36.00	260.00	111.00	3.90	253.00	0.00	0.02	0.37	0.10	0.08	6.00	1.68	
268	Queso gouda	100.00	41.50	0.00	356.00	2.20	24.90	27.40	114.00	17.61	6.39	0.26	700.00	546.00	0.20	29.00	819.00	120.00	3.90	174.00	0.00	0.03	0.33	0.10	0.08	21.00	---	
###	Queso pasteurizado americano	100.00	39.20	0.00	375.00	1.60	22.20	31.20	94.00	19.69	7.51	0.61	616.00	745.00	0.40	22.00	1430.00	162.00	2.99	290.00	0.00	0.03	0.35	0.10	0.07	8.00	0.69	
270	Queso americano con pimiento	100.00	39.10	0.00	375.00	1.70	22.10	31.20	94.00	19.66	7.50	0.61	614.00	744.00	0.40	22.00	1428.00	162.00	2.98	---	0.00	0.04	0.35	0.10	0.07	8.00	0.69	
271	Queso pasteurizado suizo	100.00	42.30	0.00	334.00	2.10	24.70	25.00	85.00	16.04	5.90	0.34	772.00	762.00	0.60	29.00	1370.00	216.00	3.61	229.00	0.00	0.01	0.28	0.10	0.04	---	1.23	
272	Requesón (promedio)	100.00	73.90	0.00	118.00	10.00	12.30	3.00	25.00	4.30	1.80	0.20	92.00	---	0.50	6.00	450.00	54.00	0.50	---	0.00	0.07	0.22	0.20	0.01	9.00	0.50	