

# Hortalizas

## Tablas de contenido de ración de 100 gramos

### Hojas

<b>Acelga</b>	
Agua 92%	
Energía [Kcal]	29,7
Proteína [g]	1,88
Hidratos carbono [g]	4,5
Fibra [g]	1,2
Grasa total [g]	0,2

<b>Lechuga</b>	
95%	
Energía [Kcal]	19,6
Proteína [g]	1,37
Hidratos carbono [g]	1,4
Fibra [g]	1,5
Grasa total [g]	0,6

<b>Col</b>	
91%	
Energía [Kcal]	30,2
Proteína [g]	1,38
Hidratos carbono [g]	4,18
Fibra [g]	2,96
Grasa total [g]	0,2

### Frutos

<b>Berenjena</b>	
93%	
Energía [Kcal]	21,02
Proteína [g]	1,25
Hidratos carbono [g]	2,39
Fibra [g]	2,5
Grasa total [g]	0,18

<b>Tomate</b>	
94%	
Energía [Kcal]	22,17
Proteína [g]	0,88
Hidratos carbono [g]	3,5
Fibra [g]	1,4
Grasa total [g]	0,21

<b>calabacin</b>	
94%	
Energía [Kcal]	23,2
Proteína [g]	1,88
Hidratos carbono [g]	2
Fibra [g]	1,6
Grasa total [g]	0,5

### Bulbos

<b>puerro</b>	
92%	
Energía [Kcal]	29
Proteína [g]	2,19
Hidratos carbono [g]	3,26
Fibra [g]	2,27
Grasa total [g]	0,29

<b>Cebolla</b>	
90%	
Energía [Kcal]	31,85
Proteína [g]	1,19
Hidratos carbono [g]	5,3
Fibra [g]	1,8
Grasa total [g]	0,25

<b>Ajo</b>	
70%	
Energía [Kcal]	119
Proteína [g]	4,3
Hidratos carbono [g]	24,3
Fibra [g]	1,2
Grasa total [g]	0,23

### Raíces

<b>Zanahoria</b>	
89%	
Energía [Kcal]	39,4
Proteína [g]	1,25
Hidratos carbono [g]	6,9
Fibra [g]	2,6
Grasa total [g]	0,2

<b>remolacha</b>	
90%	
Energía [Kcal]	46,1
Proteína [g]	1,56
Hidratos carbono [g]	8,38
Fibra [g]	2,58
Grasa total [g]	0,1

<b>Nabo</b>	
90%	
Energía [Kcal]	31,6
Proteína [g]	1
Hidratos carbono [g]	4,66
Fibra [g]	3,49
Grasa total [g]	0,22

### Legumbres

<b>judía blanca</b>	
10%	
Energía [Kcal]	284
Proteína [g]	21,1
Hidratos carbono [g]	34,7
Fibra [g]	23,2
Grasa total [g]	1,6

<b>garbanzo</b>	
11%	
Energía [Kcal]	341
Proteína [g]	20,8
Hidratos carbono [g]	44,3
Fibra [g]	15,5
Grasa total [g]	5,5

<b>lenteja</b>	
15%	
Energía [Kcal]	304
Proteína [g]	23,18
Hidratos carbono [g]	40,6
Fibra [g]	17
Grasa total [g]	1,7

<b>Resumen</b>	
Agua 0,93	
Energía [Kcal]	26,5
1 Proteína [g]	1,5
2 Hidratos carbono [g]	3,4
3 Fibra [g]	1,9
Grasa total [g]	0,3

### Frutos

<b>Resumen</b>	
Agua 0,93	
Energía [Kcal]	22,1
Proteína [g]	1,3
Hidratos carbono [g]	2,6
Fibra [g]	1,8
Grasa total [g]	0,3

### Bulbos

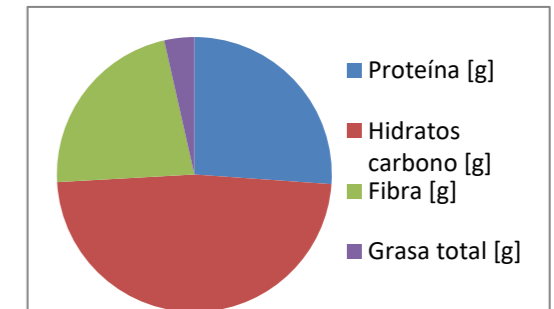
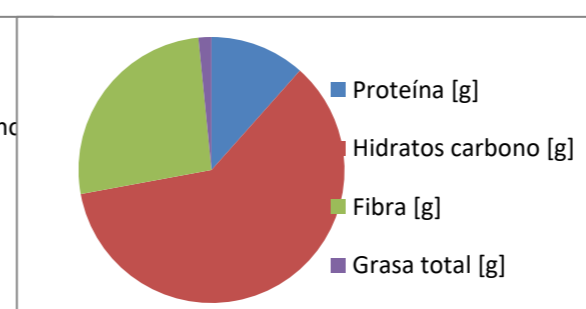
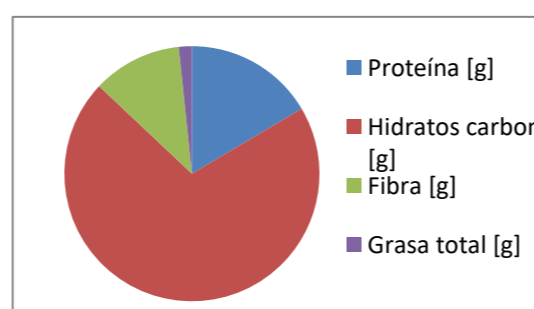
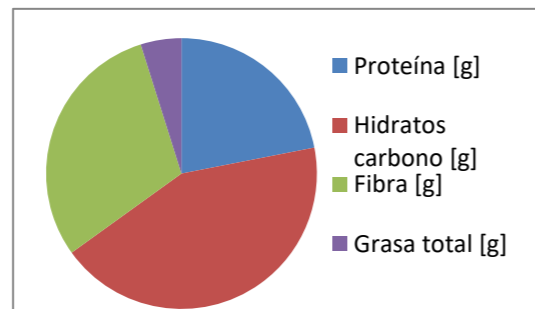
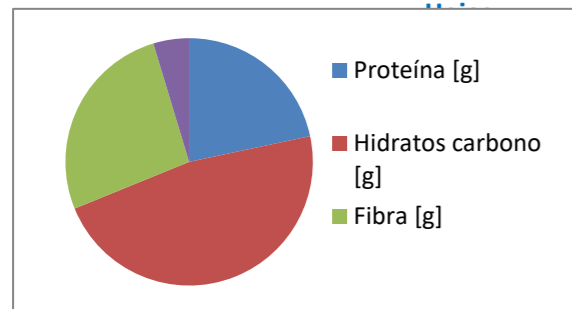
<b>Resumen</b>	
Agua 0,91	
Energía [Kcal]	60,0
Proteína [g]	2,6
Hidratos carbono [g]	11,0
Fibra [g]	1,8
Grasa total [g]	0,3

### Raíces

<b>Resumen</b>	
Agua 0,59	
Energía [Kcal]	39,0
Proteína [g]	1,3
Hidratos carbono [g]	6,6
Fibra [g]	2,9
Grasa total [g]	0,2

### Legumbres

<b>Resumen</b>	
Agua 0,04	
Energía [Kcal]	309,7
Proteína [g]	21,7
Hidratos carbono [g]	39,9
Fibra [g]	18,6
Grasa total [g]	2,9





**Tabla de consumos de  
frutas en  
g/persona/día**

<b>Frutas</b>
300
Consumo Nacional

--	--	--

g