

Alimento	Grupo	Energia(kcal)	Carboidratos(g)	Proteinas(g)	Calcio(mg)	Ferro(mg)	Magnesio(mg)	Zinco(mg)	Vitamina_A(mcg)	Vitamina_C(mg)	Preco
Beterraba Crua	Salada	46	7.74	1.95	14.4	0.32	21.7	0.52	0.88	3.12	0.57
Beterraba Cozida	Salada	27	4.25	1.23	13.3	0.21	14.4	0.31	0.89	1.08	0.57
Rabanete Cru	Salada	14	1.20	1.13	20.6	0.35	8.91	0.18	0.26	9.59	1.75
Abobrinha Italiana Crua	Salada	17	2.43	1.01	13.4	0.21	17.7	0.15	20.3	5.87	0.50
Cenoura Crua	Salada	31	4.56	1.12	21.4	0.47	11.4	0.30	370	5.12	0.30
Cenoura Cozida	Salada	17	2.13	0.54	16.7	0.17	9.42	0.15	330	0.00	0.30
Chuchu Cozido	Salada	21	3.70	0.50	8.53	0.07	7.56	0.10	0.00	6.07	0.37
Alface Lisa Crua	Salada	13	0.10	1.69	27.5	0.61	9.11	0.35	190	21.4	1.33
Alface Crespa Crua	Salada	10	0.00	1.35	38.0	0.40	11.0	0.25	164	15.6	0.63
Almeirao Cru	Salada	20	1.08	1.78	30.4	0.87	16.7	0.34	288	1.98	1.10
Rucula Crua	Salada	17	0.29	2.48	107	1.02	23.9	0.31	282	57.8	1.49
Couve Crua	Salada	28	4.33	2.87	208	0.66	42.8	0.40	314	102	0.97
Chicoria Crua	Salada	12	0.56	1.14	47.4	0.48	15.6	0.17	77.6	6.54	1.20
Espinafre Cru	Salada	23	1.34	2.24	91.2	0.48	72.0	0.31	143	3.26	0.66
Tomate Cru	Salada	18	2.22	1.04	6.94	0.30	10.0	0.15	50.6	15.5	0.63
Couve-flor Cozida	Salada	16	1.36	1.28	14.8	0.12	5.01	0.24	1.83	21.8	1.33
Brocolis Cozido	Salada	27	1.16	2.71	56.8	0.60	16.3	0.27	185	47.0	2.32
Repolho Branco Cru	Salada	20	2.50	1.12	39.3	0.14	11.3	0.17	50.2	22.0	0.37
Nabo	Salada	18	2.59	0.91	41.0	0.22	14.1	0.18	0.00	9.23	1.25
Pepino	Salada	10	1.20	0.70	9.62	0.23	9.34	0.13	1.79	4.99	0.87
Berinjela Cozida	Salada	26	4.29	0.79	14.4	0.29	11.7	0.18	13.3	0.00	0.57
Salada de legumes cozida no vapor	Salada	34	4.58	2.01	32.9	0.44	18.6	0.30	255	29.4	0.95
Arroz	Carboidrato	131	28.8	2.38	5.17	0.33	24.1	0.52	0.00	0	0.46
Arroz carreteiro	Carboidrato	151	10.1	10.8	13.3	0.95	9.29	2.67	4.93	1.08	1.71
Arroz colorido	Carboidrato	118	22.3	2.19	11.4	0.40	21.4	0.48	104	1.88	0.66
Arroz com brocolis	Carboidrato	118	20.5	2.52	19.1	0.40	21.5	0.44	46.3	12.5	1.03
Arroz de forno	Carboidrato	141	20.2	3.54	48.9	0.55	21.0	0.65	31.0	3.25	2.22
Feijao	Acompanhamento	71	8.20	4.77	28.7	1.39	45.7	0.75	0	0	0.87
Feijao maravilha	Acompanhamento	72	6.40	2.95	18.0	0.76	24.9	0.44	65.2	1.42	0.77
Tutu	Acompanhamento	153	9.75	7.70	30.7	1.31	32.0	1.75	1.41	0.62	0.96
Feijoada	Acompanhamento	131	6.65	9.59	32.4	1.35	31.8	0.83	0	0	1.47
Salpicao de frango	Proteina	144	4.16	13.9	9.41	0.32	13.3	0.39	36.0	9.26	1.21
Frango ao molho branco	Proteina	157	2.27	26.2	37.7	0.38	14.4	0.89	19.5	0.00	0.99
Cubos de frango grelhado	Proteina	150	0.00	32.0	5.34	0.33	18.3	0.77	0	0.00	2.10
Iscas de frango aceboladas	Proteina	150	0.00	32.0	5.34	0.33	18.3	0.77	0	0.00	1.60
Almondegas de frango ao molho	Proteina	202	7.09	12.8	7.99	1.09	28.0	1.96	0.00	0.00	1.86
Frango com quiabo	Proteina	138	1.68	16.3	23.0	0.49	17.5	0.90	16.6	4.47	1.52
Frango assado	Proteina	243	40.1	33.4	8.26	0.48	18.1	0.95	6.23	0.00	2.10
Estrogonofe de frango	Proteina	152	2.58	17.5	26.0	1.53	24.7	0.58	0	0	1.26

Isclas de frango	Proteina	150	0.00	32.0	5.34	0.33	18.3	0.77	0	0.00	2.10
Lasanha de abobrinha	Proteina	102	2.77	7.86	167	0.70	22.1	1.43	47.6	4.38	1.02
Lasanha de berinjela	Proteina	92	2.59	6.79	128	0.39	19.1	0.94	36.6	6.04	1.05
Almondegas de carne	Proteina	272	14.3	18.2	26.8	1.91	48.1	2.61	15.6	0.00	2.01
Carne bovina cozida acem	Proteina	212	1.16	26.0	7.62	2.27	14.5	7.59	0.00	0.41	1.44
Carne bovina cozida coxao mole	Proteina	211	0.56	30.7	4.41	2.45	13.6	4.48	2.34	0.41	3.89
Carne bovina cozida musculo	Proteina	183	0.02	30.8	4.98	2.36	13.4	6.44	1.91	0.00	2.39
Carne bovina cozida paleta	Proteina	184	0.00	29.5	5.64	2.17	17.7	6.82	0	0.00	3.19
Carne bovina cozida peito	Proteina	330	0.00	22.1	4.12	1.59	13.8	3.88	0	0.00	2.79
Cubos bovinos acem	Proteina	212	1.16	26.0	7.62	2.27	14.5	7.59	0.00	0.41	1.44
Cubos bovinos coxao mole	Proteina	211	0.56	30.7	4.41	2.45	13.6	4.48	2.34	0.41	3.89
Cubos bovinos musculo	Proteina	183	0.02	30.8	4.98	2.36	13.4	6.44	1.91	0.00	2.39
Cubos bovinos paleta	Proteina	184	0.00	29.5	5.64	2.17	17.7	6.82	0	0.00	3.19
Cubos bovinos peito	Proteina	330	0.00	22.1	4.12	1.59	13.8	3.88	0	0.00	2.79
Carne moida (acem)	Proteina	208	0.56	25.5	11.5	4.69	229	256	0.03	0.41	1.44
Bife bovino contra-file	Proteina	266	0.00	32.1	4.46	2.35	18.7	3.39	0	0.00	3.98
Bife bovino miolo de alcatra	Proteina	244	2.78	31.9	4.51	3.17	26.0	4.82	0	0.00	4.29
Bife bovino coxao mole	Proteina	265	0.00	29.8	3.43	2.36	12.4	4.32	2.27	0.00	3.89
Bife bovino patinho	Proteina	211	0.33	35.9	4.80	3.03	27.3	8.09	0	0.00	3.69
Macarronada a bolonhesa	Proteina	123	21.5	4.42	10.4	1.36	9.79	0.74	0.00	0.00	1.61
Escondidinho de Inhame	Proteina	117	16.6	2.26	23.7	0.03	15.6	0.34	53.4	1.71	1.28
Cubos suinos pernil	Proteina	252	0.61	26.7	17.9	1.19	31.0	2.85	0	0.45	2.19
Pernil cozido	Proteina	252	0.61	26.7	17.9	1.19	31.0	2.85	0	0.45	2.19
Bife suino lombo	Proteina	227	0.00	34.1	18.8	0.44	17.3	1.68	0	0.00	1.69
Bife suino bisteca	Proteina	275	0.64	28.9	34.3	0.86	24.7	2.35	0	0.00	1.79
Ovos cozidos	Proteina	125	1.38	10.4	43.2	1.33	9.87	1.09	113	0.00	1.94
Omelete de espinafre	Proteina	147	2.34	10.1	121	121	18.1	1.27	146	0.58	1.47
Omelete de legumes	Proteina	122	2.86	7.85	36.9	1.63	11.8	1.05	120	5.54	1.46
Ovos mexidos	Proteina	167	2.26	12.0	43.1	1.90	11.4	1.41	178	0	1.94
Merluza cozida	Proteina	101	0.00	19.9	18.6	0.18	27.5	0.42	0	0.00	3.49
Tilapia cozida	Proteina	112	0.00	23.1	26.1	0.37	34.9	0.60	0.57	0.84	3.59
Escondidinho de tilapia	Proteina	99	9.20	3.63	20.3	0.24	8.09	0.44	7.47	2.89	1.87
Pirao de peixe	Proteina	132	22.0	4.03	23.4	0.44	13.0	0.16	22.3	2.51	2.16
Mandioca	Guarnicao	120	28.0	0.64	18.5	0.07	26.6	0.17	5.09	11.00	0.35
Abobora moranga refogada	Guarnicao	30	4.44	0.39	19.1	0.11	7.49	0.08	47.7	6.73	0.30
Baroa cozida	Guarnicao	77	17.2	0.85	11.9	11.9	7.58	0.38	5.34	17.1	1.99
Chuchu refogado	Guarnicao	21	3.70	0.50	8.53	0.07	7.56	0.10	0.00	2.73	0.20
Quiabo	Guarnicao	20	1.94	1.32	78.3	0.20	22.0	0.32	3.25	2.67	1.89
Batatas coradas	Guarnicao	89	18.8	2.52	4.66	0.50	18.5	0.33	0	34.9	0.40
Batata Inglesa Cozida	Guarnicao	53	10.8	1.33	3.64	0.20	5.62	0.19	0	3.89	0.40

Batata Inglesa Saute	Guarnicao	67	12.7	1.29	4.18	0.25	6.46	0.21	7.93	0	0.40
Vagem	Guarnicao	23	2.70	1.60	35.7	0.30	9.78	0.23	10.3	0.68	2.40
Creme de Milho	Guarnicao	371	82.4	4.82	323	4.26	30.1	0.78	12.6	96.3	0.52
Repolho Branco Refogado	Guarnicao	23	4.05	1.54	37.1	0.11	6.72	0.13	55.7	8.75	0.23
Berinjela Refogada	Guarnicao	35	2.73	1.29	14.9	0.29	18.1	0.15	12.7	3.17	0.70
Couve Manteiga Refogada	Guarnicao	83	1.49	2.03	160	0.45	23.7	0.18	0	71.3	0.97
Batata Gratinada	Guarnicao	80	13.1	2.16	35.5	0.27	7.95	0.29	19.5	3.11	0.57
Pure de batata	Guarnicao	68	10.3	1.67	22.5	0.19	6.57	0.24	8.74	3.17	0.52
Pure de baroa	Guarnicao	107	15.2	1.04	21.1	0.37	7.48	0.36	55.9	14.5	1.53
Legumes refogados	Guarnicao	94	3.63	1.98	35.0	0.51	16.9	0.33	53.1	20.7	0.69
Legumes cozidos	Guarnicao	30	5.55	0.79	9.61	0.15	7.53	0.15	110	3.32	0.69
Polenta a jardineira	Guarnicao	104	21.2	2.25	1.06	1.94	4.30	0.05	0.22	0	1.05
Farofa de abobrinha	Guarnicao	310	46.5	4.49	59.5	1.50	26.6	0.67	56.3	0.79	0.84
Farofa de banana	Guarnicao	304	59.7	1.47	44.0	0.80	35.9	0.28	32.7	5.20	0.70
Farofa de cenoura com ovos	Guarnicao	279	43.8	2.95	55.0	1.28	26.0	0.52	113	1.97	0.59
Macarrao ao sugo	Guarnicao	114	19.1	4.27	9.11	0.45	12.9	0.37	13.7	4.07	1.01
Macarrao ao alho e oleo	Guarnicao	179	24.9	3.64	6.88	1.05	1.53	0.31	0.00	1.49	0.98
Abobrinha Italiana Cozida	Guarnicao	14	1.32	0.99	15.9	0.15	16.0	0.24	38.2	2.02	0.50