**Tabla nutricional**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Alimento (100 gramos) | Calorías (Kcal.) | Hidratos de Carb. | Proteínas | Grasas | Fibra |
| Aceite de Cacahuete | **899** | **0** | **0** | **100** | **0** |
| Aceite de Coco | **888** | **0** | **0** | **100** | **0** |
| Aceite Girasol | **889** | **0** | **0** | **100** | **0** |
| Aceite Maíz | **889** | **0** | **0** | **100** | **0** |
| Aceite Oliva | **889** | **0** | **0** | **100** | **0** |
| Aceite Soja | **889** | **0** | **0** | **100** | **0** |
| Aceite Uva, Pepita | **889** | **0** | **0** | **100** | **0** |
| Acelgas | **13** | **1** | **2** | **0** | **6** |
| Aguacate | **223** | **2** | **4** | **22** | **3** |
| Ajo | **137** | **28** | **6** | **0** | **0** |
| Albaricoque | **28** | **7** | **1** | **0** | **2** |
| Apio | **8** | **1** | **1** | **0** | **2** |
| Azúcar Blanca | **394** | **100** | **0** | **0** | **0** |
| Azúcar Morena | **386** | **96** | **0** | **0** | **0** |
| Bacalao Fresco | **76** | **0** | **17** | **1** | **0** |
| Bacalao Seco | **322** | **0** | **75** | **2.5** | **0** |
| Banana | **141** | **11** | **3** | **1** | **17** |
| Berenjenas | **14** | **3** | **1** | **0** | **2** |