**Información Nutricional de Materias Primas**

**Fuente: FoodData Central (USDA)**

**Base Vegetal**

* **Castañas de cajú *(Nuts, cashew nuts, raw)***

<https://fdc.nal.usda.gov/fdc-app.html#/food-details/170162/nutrients>

* **Almendras (*Nuts, almonds*)**

<https://fdc.nal.usda.gov/fdc-app.html#/food-details/170567/nutrients>

**Base Proteica**

* **Proteína de arveja (85%)**

<https://www.knowde.com/stores/green-boy-group/products/plant-dairy-protein-pea-protein-85/>

*Ficha técnica en carpeta adjunta*

* **Poroto mungo (80%)**

<https://www.knowde.com/stores/green-boy-group/products/plant-dairy-protein-mung-bean-protein-80/>

*Ficha técnica en carpeta adjunta*

* **Proteína de haba (90%)**

<https://www.knowde.com/stores/green-boy-group/products/plant-dairy-protein-fava-bean-protein-90/>

*Ficha técnica en carpeta adjunta*

* **Proteína de garbanzo (80%)**

<https://www.knowde.com/stores/green-boy-group/products/plant-dairy-protein-chickpea-protein-80/>

*Ficha técnica en carpeta adjunta*

**Base Grasa**

* **Aceite de coco *(Oil, coconut)***

<https://fdc.nal.usda.gov/fdc-app.html#/food-details/330458/nutrients>

* **Aceite de girasol alto oleico *(Oil, sunflower, high oleic (70% and over))***

<https://fdc.nal.usda.gov/fdc-app.html#/food-details/172338/nutrients>

**Saborizantes**

* **Sal (*Salt, table*)**

<https://fdc.nal.usda.gov/fdc-app.html#/food-details/173468/nutrients>

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**Comentarios y observaciones generales**

A futuro, estaría bueno poder hacer una comparación entre el aporte de calcio de una alternativa láctea vs el producto convencional