

Tablas calóricas de los alimentos

Lácteos y Derivados

Por cada 100 gramos	Energía (kcal)	Proteínas (g)	Grasas (g)	Hidratos de carbono (g)	Colesterol (mg)	Fibra (g)
Leche pasteurizada	60.78	3.10	3.50	4.50	14.5	0
Leche esterilizada entera	61.68	3.10	3.60	4.50		
Leche UHT entera	61.68	3.10	3.60	4.50		
Leche UHT semidesnatada	44.53	3.50	1.60	4.30	6.30	0
Leche UHT desnatada	33.78	3.40	0.20	4.90	2.60	0
Nata	447.00	1.50	48.00	2.40	140.00	0
Mantequilla	750.90	0.60	83.00	0.40	230.00	0
Leche condensada	332.50	8.80	9.70	56.00	34.00	0
Leche en polvo	83.20	26.00	26.30	38.00	120.00	0
Yogur	82.00	5.00	1.00	14.00	7.00	0
Yogur desnatado	38.2	4.4	0.10	4.90	0.3	0
Queso de Bola	348.50	29.00	25.00	2.00	85.00	0
Queso de Burgos	203.48	15.00	14.90	2.50	14.50	0
Queso Manchego Fresco	333.00	26.00	25.40			0
Queso Manchego Semicurado	376.00	29.00	28.70	0.50		0
Queso Manchego Curado	420.00	32.00	32.00	1.00		0
Helados	184.35	4.50	7.90	25.4	21.00	
Huevo entero	159.85	12.10	12.10	0.68	410.0	0
Clara de huevo	48.43	11.00	0.20	0.70		0
Yema de huevo	363.25	16.00	33.00	0.60	480.00	0

Cereales y Derivados						
Por cada 100 gramos	Energía (kcal)	Proteínas (g)	Grasas (g)	Hidratos de carbono (g)	Colesterol (mg)	Fibra (g)
Arroz Integral	327.09	8.00	2.20	73.41	0	2.80
Arroz Blanco	371.20	7.60	1.70	86.80	0	1.40
Avena	334.82	11.69	7.09	59.80	0	5.57
Trigo	293.56	11.73	2.00	60.97	0	10.30
Arroz tostado inflado	351.75	6.00	1.00	85.00	0	1.50
Cereales integrales	256.00	13.00	3.50	46.00	0	28.00
Espagueti	342.08	12.00	1.80	74.10	0	4.00
Harina de arroz	333.18	6.40	0.80	80.10		2.00
Harina de maíz	342.35	8.31	2.80	75.71	0	0.10
Harina de trigo	348.00	9.30	1.20	80.00	0	3.40
Harina integral de trigo	323.80	11.50	2.20	68.80	0	9.00
Macarrones	348.45	12.00	1.80	75.80	0	4.00
Pan de avena	196.53	7.60	1.50	40.70		
Pan blanco (trigo)	243.53	9.00	1.60	51.50	0	3.50
Pan de molde	255.43	5.52	3.74	53.25		4.52
Pan de Viena	262.65	9.30	3.30	52.20		1.50
Pan integral de trigo	231.94	8.54	1.60	48.90	0	8.50
Pan integral tostado de trigo	251.93	10.80	2.90	48.70	0	8.70
Pan tostado de trigo	284.90	10.10	2.50	59.20	0	4.50
Pastas al huevo	391.08	12.10	8.20	71.70	30.00	4.10
Bizcocho	334.40	4.70	2.90	77.20	67.00	
Bizcocho de chocolate	456.20	7.40	26.40	50.40	121.00	
Cruasán	359.53	8.30	20.30	38.30		1.60
Donut	445.98	4.36	27.62	47.99		11.58
Donut de chocolate	463.41	3.76	37.69	43.51		12.41
Galletas saladas	439.95	10.80	12.50	75.80	130.00	3.00
Galletas integrales	470.55	6.30	20.90	68.60	41.00	2.20
Galletas tipo María	459.75	7.50				

Pescados

Dulces y Derivados

Por cada 100 gramos	Energía (kcal)	Proteínas (g)	Grasas (g)	Hidratos de carbono (g)	Colesterol (mg)	Fibra (g)
Azúcar	374.25	0	0	99.80	0	0
Bombones	457.50	4.80	21.20	66.00	0	0
Cacao en polvo azucarado	363.73	9.80	8.10	67.10	0	0.80
Caramelos	356.60	0.80	0.10	94.00		0
Chicle con azúcar	357.00	0	0	95.20	0	0
Chocolate	518.10	7.80	30.60	56.40		0
Chocolate negro	533.76	5.00	30.00	65.00	0	
Mazapán	447.00	9.00	24.00	52.00	0	6.00
Miel	288.10	0.40	0	76.40	0	0
Turrones	470.35	10.00	23.90	57.40		7.10

Pescados

Verduras y hortalizas

Por cada 100 gramos	Energía (kcal)	Proteínas (g)	Grasas (g)	Hidratos de carbono (g)	Colesterol (mg)	Fibra (g)
Acelga	28.48	2.00	0.40	4.50		0.80
Ajo	114.40	5.30	0.23	24.30		1.20
Alcachofa	21.56	2.40	0.12	2.90		10.79
Alubia	304.60	21.40	2.00	54.80		21.30
Apio	13.88	0.90	0.10	2.50		1.40
Berenjena	16.56	1.24	0.18	2.66		1.37
Brécol o brócoli	32.45	4.40	0.90	1.80		2.60
Calabacín	29.50	1.30	0.20	6.00		1.30
Calabaza	27.25	1.30	0.20	5.40		1.50
Canónigos	21.00	2.00	0.40	3.60		
Cardo	20.53	1.40	0.20	3.50		1.00
Cebolla	25.47	1.40		5.30		1.80
Cebollino	30.00	3.27	0.73	4.35		2.50
Coles de Bruselas	35.68	3.50	0.70	4.10		3.00
Coliflor	22.23	2.20	0.20	3.10		2.10
Endivia	21.66	1.50	0.24	3.60		1.30
Escarola	19.95	1.50	0.30	3.00		1.60
Espárrago fresco	17.97	2.90	0.54	12.10		1.50
Espárrago en lata	23.05	1.90	0.30	3.40		1.00

Espinaca	22.08	2.52	0.50	2.00		1.84
Garbanzo	340.70	20.50	5.50	55.80		13.60
Guisante fresco	74.10	6.00	0.40	12.40		5.00
Haba fresca	54.25	4.60	0.40	8.60		4.20
Judía verde	28.57	1.90	0.58	4.20		2.40
Lechuga	16.65	1.50	0.60	1.40		1.50
Lenteja	312.80	23.00	1.70	54.80	01	1.20
Maíz dulce	86.00	3.22	1.18	19.02		2.70
Pepino	11.73	0.70	0.20	1.90		



Pescados					
Frutas y frutos secos					
Por cada 100 gramos	Energía (kcal)	Proteínas (g)	Grasas (g)	Hidratos de carbono (g)	Fibra (g)
Aguacate	134.28	1.30	13.80	1.30	2.40
Albaricoque	39.73	0.80	0.10	9.50	2.10
Almendra	574.63	20.00	53.50	3.50	14.30
Avellana	565.88	14.10	54.40	5.30	10.00
Cacahuete	580.88	27.00	49.00	8.50	8.10
Castaña	165.00	2.00	2.20	36.60	5.50
Cereza	58.33	0.80	0.50	13.50	1.50
Chirimoya	80.80	1.00	0.20	20.00	1.90
Ciruela	45.00	0.60	0.15	11.00	2.10
Ciruela pasa	163.20	2.40	0.40	40.00	16.00
Dátil	277.75	2.20	0.30	71.00	8.70
Fresa	34.45	0.70	0.60	7.00	2.20
Granada	31.83	0.70	0.10	7.50	0.20
Higo fresco	65.70	1.20	0.10	16.00	2.50
Higo seco	227.18	3.60	1.60	52.90	12.40
Limón	40.15	0.70	0.40	9.00	1.00
Mandarina	36.95	0.80		9.00	1.90
Manzana	40.57	0.30		10.50	2.30
Melocotón	37.05	0.60	0.10	9.00	1.40
Melón	52.43	0.60	0.10	13.10	0.75
Membrillo	25.22	0.40		6.30	6.40
Naranja	36.57	0.80		8.90	2.30
Nectarina	66.62	0.60	0.01	17.00	2.00
Níspero	45.85	0.40	0.50	10.60	10.20
Nuez	602.00	14.00	59.00	4.00	5.20
Oliva	117.70	1.30	12.50		4.00
Pera	46.38	0.40	0.10	11.70	2.20
Piña	46.023	0.50	0.10	11.50	1.20
Piñón	688.40	14.00	68.60	4.00	1.90
Pipa de calabaza	541.00	24.54	45.85	20.00	3.90

Pipa de girasol	548.00	21.50	43.00	17.81	2.70
Pistacho	593.69	17.64	51.60	15.66	6.50
Plátano					



Carnes

Por cada 100 gramos	Energía (kcal)	Proteínas (g)	Grasas (g)	Hidratos de carbono (g)	Colesterol (mg)
Gallina	231.10	17.30	18.10		72.00
Pavo (muslo)	114.49	20.50	3.61		75.00
Pavo (pechuga)	96.11	21.80	0.99		60.00
Pollo (muslo)	108.60	19.50	3.40		68.30
Pollo (pechuga)	134	21.30	5.50		71.90
Carne magra de Ternera	131.40	20.70	5.40		59.00
Chuletas de Ternera	252.50	17.00	20.50		65.00
Lomo de Ternera	252.00	14.40	21.60		67.50
Solomillo de Ternera	99.70	19.30	2.50		67.00
Chuleta de Cerdo	205.00	17.50	15.00		75.00
Solomillo de Cerdo	94.00	19.00	2.00		54.00
Hígado de Cerdo	134.63	21.00	5.00	1.50	360.00
Panceta de Cerdo	482.00	12.50	48.00		46.00
Sangre de Cerdo	75.22	18.50	0.11	0.06	40.00
Tocino de Cerdo	672.60	8.40	71.00		57.00
Chuleta de Cordero	247.00	15.40	20.60		79.50
Pierna de Cordero	186.70	19.00	12.30		78.00
Hígado de Cordero	131.25	21.00	4.00	3.00	300.00

Pescados					
Pescados y Mariscos					
Por cada 100 gramos	Energía (kcal)	Proteínas (g)	Grasas (g)	Hidratos de carbono (g)	Colesterol (mg)
Almeja	47.30	10.70	0.03		40.00
Anguila	218.00	14.00	7.03		70.00
Angula	204.70	16.30	8.95		50.00
Arenque	203.40	18.00	4.07		70.00
Atún común	20.00	23.00	2.39		55.00
Bacaladilla	75.90	17.40			
Bacalao	74.40	17.70	0.10	5.20	
Berberecho	47.30	10.70	0.03		40.00
Besugo	86.00	17.00			38.00
Bogavante	91.20	18.30	0.34		150.00
Bonito del Sur	138.00	21.00			
Boquerón-Anchoa	138.28	20.60	0.81	0.50	69.00
Caballa	153.00	15.00	3.47	0.80	80.00
Calamar	81.58	17.00	0.09	0.50	222.00
Camarón	97.50	21.00	0.32		150.00
Centollo	127.20	20.10	0.71		100.00
Cigala	66.30	15.00	0.15		150.00
Congrio	106.45	19.00		1.40	
Dorada	92.30	17.00	0.80		42.00
Gamba	95.70	21.00	0.32		150.00
Gallo	80.30	15.80	0.60		62.20
Langosta	91.20	18.30	0.34		150.00
Langostino	95.70	21.00	0.36		150.00
Lenguado	81.38	16.50	0.24	0.50	60.00
Lubina	85.95	18.00	0.43	0.60	68.00
Merluza	63.40	11.80	0.43		67.00
Mero	118.00	16.00	1.79		47.00
Mejillón	67.43	10.80	0.32	1.90	100.00
Nécora	123.90	19.50	1.13		100.00
Ostra	71.03	10.20	0.14	4.70	50.00

Percebe	66.40	15.70	0.01		14.00
Pulpo	57.03	10.60		1.50	48.00
Rape	86.00				