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| Alimento / Plato | Peso (g) | Energía (kcal) | Agua (ml) | Proteínas (g) | Proteínas Anim. (g) | Proteínas Vege. (g) | Lípidos (g) | AGS (g) | AGM (g) | AGP (g) | Colester. (mg) | HC total (g) | Azúcar (g) | Polisac. (g) | Fibra (g) | Etanol (g) | Na (mg) | K (mg) | Ca (mg) | Mg (mg) | P (mg) | Fe (mg) | Zn (mg) | Vit A (µg) | Retinoid. (µg) | Caroten. (µg) | Vit D (µg) |
|--|----------|----------------|-----------|---------------|---------------------|---------------------|-------------|---------|---------|---------|----------------|--------------|------------|--------------|-----------|------------|---------|--------|---------|---------|--------|---------|---------|------------|----------------|---------------|------------|
| Escriba el nombre de la primera toma y pulse guardar | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ensaimada | 100 | 458.0 | 21.7 | 5.7 | 1.0 | 4.7 | 31.3 | 13.4 | 13.2 | 3.1 | 60.0 | 38.4 | 7.2 | 31.2 | 1.7 | 0.0 | 294.0 | 84.0 | 14.0 | 15.0 | 79.0 | 0.8 | 0.4 | 19.0 | 19.0 | 3.0 | 0.1 |
| Galletas, con chocolate, tipo «cookies» | 100 | 488.0 | 5.7 | 6.2 | 0.8 | 5.4 | 22.9 | 7.0 | 9.0 | 6.0 | 88.0 | 64.3 | 26.7 | 37.6 | 1.8 | 0.0 | 220.0 | 92.0 | 78.0 | 12.0 | 82.0 | 1.3 | 0.7 | 246.0 | 215.0 | 185.0 | 2.2 |
| Gaseosa | 100 | 0.0 | 99.5 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 25.0 | 3.0 | 3.0 | 1.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Patatas chips | 100 | 538.0 | 1.7 | 6.5 | 0.0 | 6.5 | 34.9 | 7.7 | 11.1 | 14.5 | 0.0 | 49.5 | 0.7 | 48.8 | 4.0 | 0.0 | 700.0 | 1190.0 | 37.0 | 50.0 | 130.0 | 2.0 | 0.7 | 0.0 | 0.0 | 0.0 | 0.0 |
| Refresco, sabor cola, con gas | 100 | 39.0 | 89.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 9.8 | 9.8 | 0.0 | 0.0 | 0.0 | 6.0 | 2.0 | 1.0 | 0.0 | 16.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Barra de chocolate, tipo «Mars» | 100 | 452.0 | 7.3 | 5.6 | 2.8 | 2.8 | 18.5 | 10.0 | 7.0 | 0.7 | 20.0 | 65.9 | 65.2 | 0.7 | 0.6 | 0.0 | 158.0 | 240.0 | 145.0 | 40.0 | 150.0 | 1.3 | 1.1 | 7.0 | 0.0 | 40.0 | 0.1 |
| Pastas pequeñas, de té | 100 | 402.0 | 20.7 | 5.9 | 2.4 | 3.6 | 16.5 | 10.2 | 4.8 | 0.8 | 139.0 | 57.5 | 26.5 | 31.0 | 0.0 | 0.0 | 480.0 | 80.0 | 19.0 | 19.0 | 85.0 | 1.1 | 0.8 | 156.0 | 142.0 | 83.0 | 0.5 |
| Pastel de chocolate | 100 | 439.0 | 23.0 | 5.2 | 3.3 | 1.9 | 27.9 | 16.9 | 8.7 | 1.0 | 148.0 | 41.8 | 35.7 | 6.1 | 1.8 | 0.0 | 40.0 | 142.0 | 32.0 | 35.0 | 107.0 | 1.4 | 0.4 | 220.0 | 199.0 | 126.0 | 0.7 |
| Croissant | 100 | 405.0 | 14.8 | 7.5 | 3.0 | 4.5 | 17.2 | 9.9 | 5.5 | 0.8 | 50.0 | 55.0 | 7.5 | 47.5 | 2.2 | 0.0 | 492.0 | 136.0 | 42.0 | 16.0 | 124.0 | 1.2 | 0.6 | 33.0 | 21.0 | 70.0 | 0.1 |
| Magdalena, pastelería | 100 | 385.0 | 28.0 | 6.1 | 3.1 | 3.0 | 22.4 | 12.4 | 8.1 | 0.9 | 203.0 | 39.9 | 19.2 | 20.7 | 1.0 | 0.0 | 211.0 | 88.0 | 25.0 | 9.0 | 231.0 | 1.1 | 0.3 | 233.0 | 190.0 | 260.0 | 0.8 |
| Flan de huevo | 100 | 131.0 | 70.0 | 4.8 | 4.8 | 0.0 | 3.4 | 2.0 | 1.8 | 0.5 | 147.0 | 20.4 | 20.4 | 0.0 | 0.0 | 0.0 | 63.0 | 122.0 | 91.0 | 13.0 | 107.0 | 0.7 | 0.6 | 95.0 | 92.0 | 20.0 | 0.6 |
| Palomitas de maíz, con aceite, con sal | 100 | 513.0 | 2.8 | 9.0 | 0.0 | 9.0 | 32.0 | 5.5 | 16.8 | 8.3 | 0.0 | 47.2 | 0.9 | 46.3 | 10.0 | 0.0 | 884.0 | 225.0 | 10.0 | 108.0 | 250.0 | 2.8 | 1.7 | 20.0 | 0.0 | 120.0 | 0.0 |
| Galleta, tipo «María» | 100 | 454.0 | 2.4 | 7.0 | 0.6 | 6.4 | 19.0 | 9.7 | 5.7 | 2.5 | 2.0 | 63.9 | 26.7 | 37.3 | 3.1 | 0.0 | 217.0 | 110.0 | 118.0 | 25.0 | 90.0 | 2.0 | 0.6 | 14.0 | 6.0 | 50.0 | 0.0 |
| Galleta, doble, tipo «Príncipe», con chocolate | 100 | 485.0 | 2.7 | 6.9 | 0.8 | 6.0 | 24.0 | 12.4 | 8.8 | 1.3 | 15.0 | 60.4 | 34.3 | 26.1 | 3.1 | 0.0 | 360.0 | 220.0 | 66.0 | 42.0 | 130.0 | 2.1 | 0.8 | 0.0 | 0.0 | 0.0 | 0.0 |
| Batido lácteo, cacao | 100 | 74.0 | 82.1 | 3.0 | 2.3 | 0.7 | 2.2 | 1.4 | 0.6 | 0.1 | 13.0 | 10.3 | 10.3 | 0.0 | 0.8 | 0.0 | 49.0 | 192.0 | 114.0 | 22.0 | 99.0 | 0.3 | 0.4 | 36.0 | 34.0 | 13.0 | 0.0 |
| Aperitivo de maíz | 100 | 527.0 | 2.0 | 6.8 | 0.0 | 6.8 | 30.0 | 7.3 | 12.6 | 8.9 | 0.0 | 57.3 | 3.7 | 53.6 | 3.5 | 0.0 | 1200.0 | 190.0 | 67.0 | 43.0 | 129.0 | 1.9 | 1.2 | 77.0 | 0.0 | 460.0 | 0.0 |
| Barra de chocolate, tipo «Kit-kat» | 100 | 498.0 | 3.5 | 6.5 | 3.3 | 3.2 | 24.5 | 11.6 | 11.2 | 0.6 | 17.0 | 63.0 | 48.7 | 14.3 | 1.3 | 0.0 | 125.0 | 200.0 | 106.0 | 52.0 | 153.0 | 1.2 | 1.1 | 34.0 | 30.0 | 25.0 | 0.1 |
| Bollo, relleno de chocolate | 100 | 365.0 | 21.4 | 7.5 | 0.9 | 6.6 | 15.6 | 2.8 | 4.7 | 7.5 | 0.0 | 48.6 | 6.7 | 41.9 | 2.0 | 0.0 | 429.0 | 140.0 | 94.0 | 28.0 | 100.0 | 1.2 | 0.6 | 33.0 | 21.0 | 70.0 | 0.1 |
| Bollo de leche | 100 | 360.0 | 24.0 | 10.0 | 1.5 | 8.5 | 14.6 | 4.3 | 2.7 | 7.0 | 6.0 | 47.0 | 2.8 | 44.2 | 2.5 | 0.0 | 600.0 | 246.0 | 52.0 | 19.0 | 125.0 | 1.3 | 0.6 | 13.0 | 0.0 | 80.0 | 0.6 |
| Cacahuete, frito, salado | 100 | 596.0 | 2.6 | 26.8 | 0.0 | 26.8 | 50.3 | 9.5 | 24.2 | 14.4 | 0.0 | 8.9 | 4.9 | 4.0 | 8.4 | 0.0 | 430.0 | 720.0 | 62.0 | 180.0 | 387.0 | 2.5 | 2.9 | 0.0 | 0.0 | 0.0 | 0.0 |
| Caramelos duros, sabor frutas | 100 | 384.0 | 3.0 | 0.4 | 0.0 | 0.4 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 | 95.0 | 95.0 | 0.0 | 0.0 | 0.0 | 41.0 | 23.0 | 4.0 | 3.0 | 8.0 | 0.4 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 |
| Chocolate, con leche | 100 | 534.0 | 1.4 | 7.9 | 3.9 | 4.0 | 30.7 | 18.3 | 10.1 | 1.0 | 18.0 | 56.5 | 53.9 | 2.6 | 2.6 | 0.0 | 66.0 | 269.0 | 164.0 | 42.0 | 172.0 | 0.5 | 1.0 | 52.0 | 44.0 | 42.0 | 0.1 |
| Crema de chocolate con avellanas | 100 | 543.0 | 4.5 | 5.4 | 1.3 | 4.1 | 33.0 | 10.1 | 16.8 | 4.6 | 6.0 | 56.0 | 54.7 | 1.3 | 1.1 | 0.0 | 94.0 | 288.0 | 74.0 | 72.0 | 152.0 | 1.2 | 1.0 | 18.0 | 16.0 | 12.0 | 0.1 |
| Donut, comercial | 100 | 412.0 | 22.8 | 6.1 | 3.2 | 2.9 | 24.5 | 11.3 | 9.8 | 1.7 | 21.0 | 41.9 | 14.2 | 27.7 | 4.8 | 0.0 | 225.0 | 90.0 | 35.0 | 14.0 | 95.0 | 1.6 | 0.5 | 225.0 | 180.0 | 270.0 | 0.8 |
| Galleta crujiente, tipo «cracker» | 100 | 419.0 | 5.0 | 9.0 | 0.0 | 9.0 | 11.8 | 7.4 | 3.5 | 0.4 | 0.0 | 69.2 | 2.1 | 67.1 | 3.2 | 0.0 | 1100.0 | 140.0 | 21.0 | 15.0 | 87.0 | 1.2 | 0.7 | 0.0 | 0.0 | 0.0 | 0.0 |
| Milhojas, con nata y crema | 100 | 283.0 | 44.6 | 4.5 | 2.4 | 2.1 | 14.8 | 8.9 | 4.2 | 0.6 | 127.0 | 33.0 | 10.8 | 22.2 | 1.0 | 0.0 | 286.0 | 141.0 | 68.0 | 10.0 | 70.0 | 0.6 | 0.4 | 115.0 | 105.0 | 62.0 | 0.4 |
| Subtotal | | 10184.0 | 606.2 | 170.3 | 41.4 | 128.9 | 522.3 | 210.0 | 200.9 | 87.2 | 1080.0 | 1200.7 | 588.6 | 612.2 | 60.5 | 0.0 | 8795.0 | 5373.0 | 1542.0 | 885.0 | 3158.0 | 31.7 | 19.3 | 1646.0 | 1314.0 | 1991.0 | 7.3 |
| TOTAL | | 10184.0 | 606.2 | 170.3 | 41.4 | 128.9 | 522.3 | 210.0 | 200.9 | 87.2 | 1080.0 | 1200.7 | 588.6 | 612.2 | 60.5 | 0.0 | 8795.0 | 5373.0 | 1542.0 | 885.0 | 3158.0 | 31.7 | 19.3 | 1646.0 | 1314.0 | 1991.0 | 7.3 |
| % Macronutrientes y Ácidos Grasos | | | | 6.7 | | | 46.2 | 18.6 | 17.8 | 7.7 | | 47.2 | | | | | | | | | | | | | | | |
| Recomendaciones diarias | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | 1500.0 | 4700.0 | 1000.0 | 320.0 | 700.0 | 18.0 | 8.0 | 700.0 | - | - | 5.0 |
| % Cumplimiento de recomendaciones | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | 586.3 | 114.3 | 154.2 | 276.6 | 451.1 | 176.1 | 241.3 | 235.1 | - | - | 146.0 |