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Besugo. 56,5. Cabrito. 56. Bacalao salado. 56. Croqueta de marisco congelada. 55,2. Carne de caballo. 54. Mazapan. 53,3. Galleta tipo digestive con chocolate. 51 ...

Tabla de contenido en colesterol de los alimentos - La ...

El pescado azul, también pescado graso, es aquel con una proporción de grasa inserta entre los músculos mayor al 5 %. La denominación azul no atiende a criterios biológicos, sino nutricionales. En cambio, el pescado blanco o magro contiene aproximadamente solo un 2 %. Existe una clase intermedia, los pescados semigrasos, como la lubina o la dorada, que contienen entre un 2 y un 5 % de ...

Pescado azul - Wikipedia, la enciclopedia libre

Hay otras fuentes importantes como los pescados azules, entre estos la sardina, que tiene 1:7 entre omega-6 y omega-3, el jurel y el atún. [17] Una de las mejores alternativas en el mundo vegetal está en las semillas de la chía o Salvia hispanica , cuya fracción grasa o aceite posee la concentración de Omega 3 más alta conocida hasta ...

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