

APÉNDICE A

Información nutrimental del germinado de alfalfa.

Alfalfa seeds, sprouted, raw

Refuse: 0%

Scientific Name: *Medicago sativa*

NDB No: 11001 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error
Proximates				
Water	g	91.14	10	1.226
Energy	kcal	29	0	0
Energy	kJ	121	0	0
Protein	g	3.99	10	0.563
Total lipid (fat)	g	0.69	10	0.141
Ash	g	0.40	10	0.044
Carbohydrate, by difference	g	3.78	0	0
Fiber, total dietary	g	2.5	0	0
Sugars, total	g	0.18	3	0.012
Sucrose	g	0.00	3	0
Glucose (dextrose)	g	0.08	5	0.039
Fructose	g	0.12	6	0.059
Minerals				
Calcium, Ca	mg	32	10	4.659
Iron, Fe	mg	0.96	10	0.114
Magnesium, Mg	mg	27	10	3.978
Phosphorus, P	mg	70	10	7.914
Potassium, K	mg	79	10	9.79
Sodium, Na	mg	6	10	1.094
Zinc, Zn	mg	0.92	10	0.273
Copper, Cu	mg	0.157	10	0.017
Manganese, Mn	mg	0.188	10	0.019
Selenium, Se	mcg	0.6	0	0
Vitamins				

Vitamin C, total ascorbic acid	mg	8.2	10	0.678
Thiamin	mg	0.076	10	0.005
Riboflavin	mg	0.126	10	0.017
Niacin	mg	0.481	10	0.044
Pantothenic acid	mg	0.563	10	0.069
Vitamin B-6	mg	0.034	10	0.005
Folate, total	mcg	36	10	0.8
Folic acid	mcg	0	0	0
Folate, food	mcg	36	10	0.8
Folate, DFE	mcg_DFE	36	0	0
Vitamin B-12	mcg	0.00	0	0
Vitamin B-12, added	mcg	0.00	0	0
Vitamin A, IU	IU	155	0	0
Vitamin A, RAE	mcg_RAE	8	0	0
Retinol	mcg	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.02	0	0
Vitamin E, added	mg	0.00	0	0
Vitamin K (phylloquinone)	mcg	30.5	0	0
Lipids				
Fatty acids, total saturated	g	0.069	0	0
4:0	g	0.000	0	0
6:0	g	0.000	0	0
8:0	g	0.000	0	0
10:0	g	0.000	0	0
12:0	g	0.000	0	0
14:0	g	0.002	0	0
16:0	g	0.059	0	0
18:0	g	0.008	0	0
Fatty acids, total monounsaturated	g	0.056	0	0
16:1 undifferentiated	g	0.000	0	0
18:1 undifferentiated	g	0.056	0	0
20:1	g	0.000	0	0
22:1 undifferentiated	g	0.000	0	0
Fatty acids, total polyunsaturated	g	0.409	0	0
18:2 undifferentiated	g	0.234	0	0
18:3 undifferentiated	g	0.175	0	0
18:4	g	0.000	0	0

20:4 undifferentiated	g	0.000	0	0
20:5 n-3	g	0.000	0	0
22:5 n-3	g	0.000	0	0
22:6 n-3	g	0.000	0	0
Cholesterol	mg	0	0	0
Amino acids				
Threonine	g	0.134	1	0
Isoleucine	g	0.143	1	0
Leucine	g	0.267	1	0
Lysine	g	0.214	1	0
Valine	g	0.145	1	0
Other				
Alcohol, ethyl	g	0.0	0	0
Caffeine	mg	0	0	0
Theobromine	mg	0	0	0
Carotene, beta	mcg	87	0	0
Carotene, alpha	mcg	6	0	0
Cryptoxanthin, beta	mcg	6	0	0
Lycopene	mcg	0	0	0
Lutein + zeaxanthin	mcg	0	0	0

(USDA National Nutrient Database for Standard Reference, 2005)