

Producto	unidad	cantidad	costo unit	costo P o S	Descuento	Descuento
camarton	Kg	1	\$200.00	\$200.00	0	0
pulpo	Kg	1/2	\$140.00	\$70.00	0	0
cangrejo	Piezas	4	\$15.00	\$60.00	0	0
cebolla	KG	1/2	\$30.00	\$15.00	0	0
pepino	Piezas	6	\$10.00	\$60.00	0	0
cilantro	Piezas	2	\$10.00	\$20.00	0	0
aguacate	Kg	1	\$80.00	\$80.00	0	0
limon	Kg	2	\$40.00	\$80.00	0	0
agua	Litro	1	\$10.00	\$10.00	0	0
chile	Kg	1/2	\$30.00	\$15.00	0	0
sal	Kg	1/8	\$10.00	\$1.25	0	0

6 5/8

Calorias			
tabla nutrimental			
Ingredientes	%	Cantidad (cal	inf. Nutrimental
camarton	27.62%	114	31.4868
pulpo	6.90%	82	5.658
cangrejo	6.90%	124	8.556
cebolla	6.90%	40	2.76
pepino	9.66%	12	1.1592
cilantro	1.38%	23	0.3174
aguacate	13.81%	160	22.096
limon	13.81%	23	3.1763
agua	5.52%	0	0
chile	6.90%	0	0
sal	0.55%	0	0
total	99.95%		75.2097

Ingredientes
camarton
pulpo
cangrejo
cebolla
pepino
cilantro
aguacate
limon
agua
chile
sal
total

Minerales			
tabla nutrimental			
Ingredientes	%	minerales	inf. Nutrimental
camarton	27.62%	2.257	0.6233834
pulpo	6.90%	0.643	0.044367
cangrejo	6.90%	0.2	0.0138
cebolla	6.90%	1.2	0.0828
pepino	9.66%	3.23	0.312018

Ingredientes
camarton

cilantro	1.38%	0.7	0.00966
aguacate	13.81%	0.9	0.12429
limon	13.81%	0.124	0.0171244
agua	5.52%	0.892	0.0492384
chile	6.90%	0.292	0.020148
sal	0.55%	0.079	0.0004345
total	99.95%		1.2972637

pulpo
cangrejo
cebolla
pepino
cilantro
aguacate
limon
agua
chile
sal

Subtotal
\$200.00
\$70.00
\$60.00
\$15.00
\$60.00
\$20.00
\$80.00
\$80.00
\$10.00
\$15.00
\$1.25
\$611.25

Proteinas		
tabla nutrimental		
%	proteina	inf. Nutrimental
27.62%	20	5.524
6.90%	14.9	1.0281
6.90%	19.5	1.3455
6.90%	0	0
9.66%	0.6	0.05796
1.38%	0.1	0.00138
13.81%	2	0.2762
13.81%	0	0
5.52%	0	0
6.90%	12	0.828
0.55%	0	0
99.95%		9.06114

Grasas		
tabla nutrimental		
Ingredientes	%	Grasas
camarton	27.62%	0.5
pulpo	6.90%	0.9
cangrejo	6.90%	5.1
cebolla	6.90%	0.3
pepino	9.66%	0
cilantro	1.38%	0
aguacate	13.81%	15
limon	13.81%	0
agua	5.52%	0
chile	6.90%	14
sal	0.55%	0
total	99.95%	

Tabla general			
Cantidad (cal)	proteina	Grasas	minerales
114	20	0.5	2.257

proteina
calorias
Minerales

82	14.9	0.9	0.643
124	19.5	5.1	0.2
40	0	0.3	1.2
12	0.6	0	3.23
23	0.1	0	0.7
160	2	15	0.9
23	0	0	0.124
0	0	0	0.892
0	12	14	0.292
0	0	0	0.079

grasas

inf. Nutritional
0.1381
0.0621
0.3519
0.0207
0
0
2.0715
0
0
0.966
0
3.6103

4.5763
8.1866
16.3732

