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GOODFOOD : Education to become responsible food consumers

GAZPACHO





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GAZPACHO

GRASA 2,4 – 2,8 g/100 g	SAL 0,6 – 0,7 g/100 g
AZUCARES 2,5 – 3,0 g/100 g	eCO2 258 g/100g



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ALMENDRAS





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ALMENDRAS

GRASA
50,0 – 55,0 g/100 g

SAL
<0,1 g/100 g

AZUCARES
3,0 – 4,0 g/100 g

eCO2
286 g/100 g



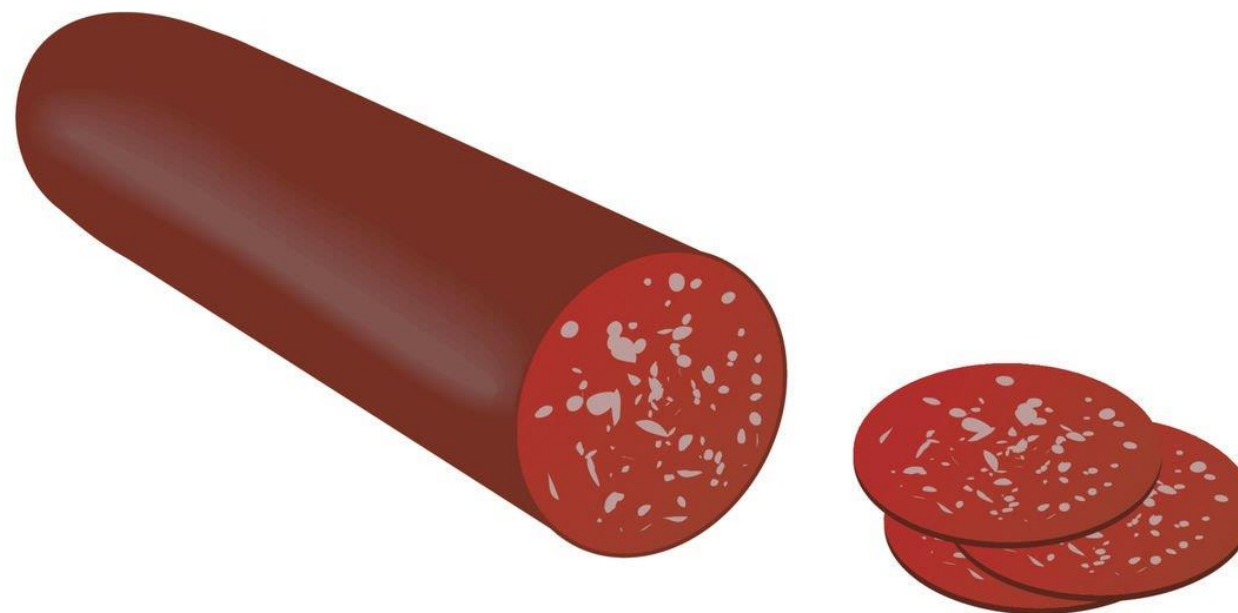
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SALCHICHÓN





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SALCHICHÓN

GRASA 35,0 – 37,0 g/100 g	SAL 2,7 – 4,0 g/100 g
AZUCARES 0,0 – 2,0 g/100 g	eCO2 663 g/100 g



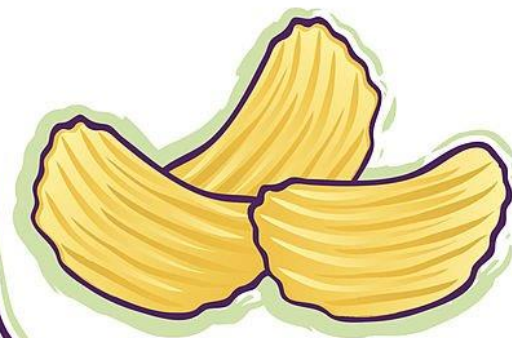
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PATATAS FRITAS





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PATATAS FRITAS

GRASA 34,0 – 35,0 g/100 g	SAL 1,6 – 1,7 g/100 g
AZUCARES <0.1 g/100 g	eCO2 382 g/100 g



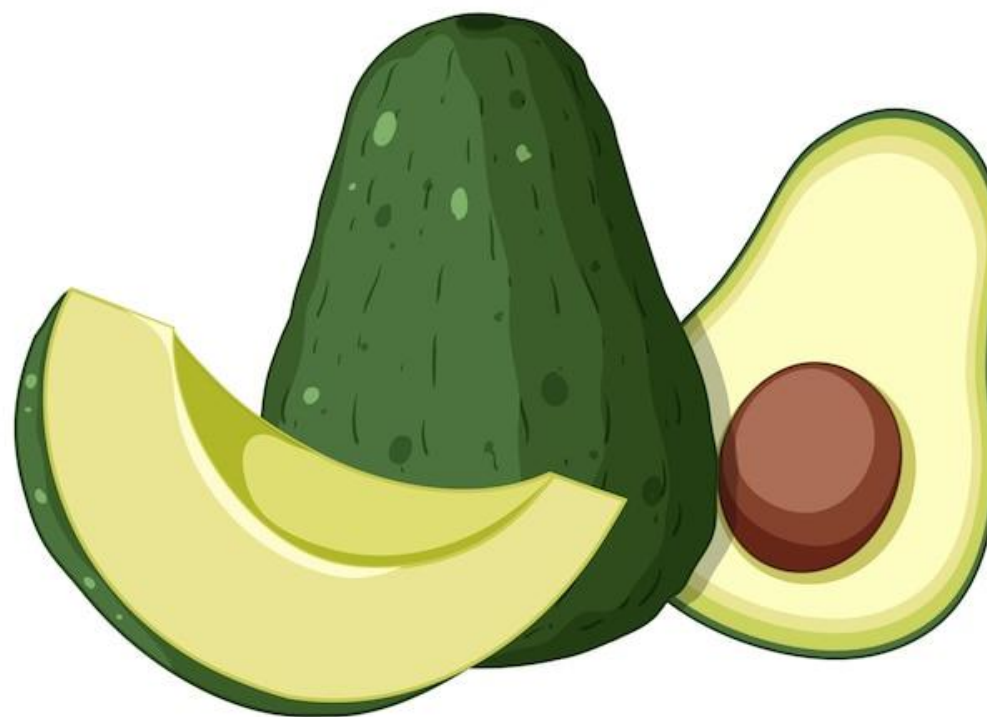
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AGUACATE





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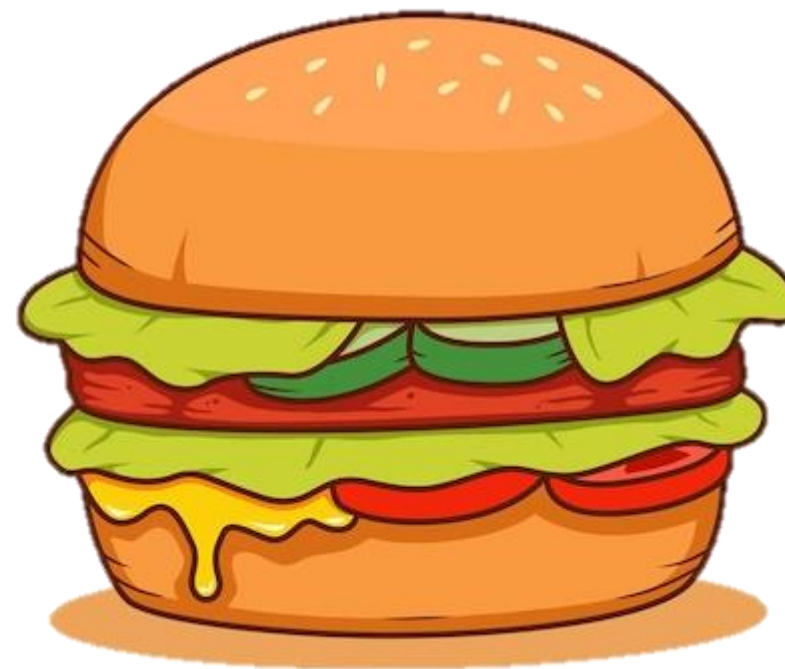
AGUACATE

GRASA 12,0 – 15,0 g/100 g	SAL <0,1 g/100 g
AZUCARES 0,7 g/100 g	eCO2 238 g/100 g



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HAMBURGUESA





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HAMBURGUESA

GRASA 12,0 – 17,0 g/100 g	SAL 0,7 g/100 g
AZUCARES 3,5 g/100 g	eCO2 2200 g/100 g



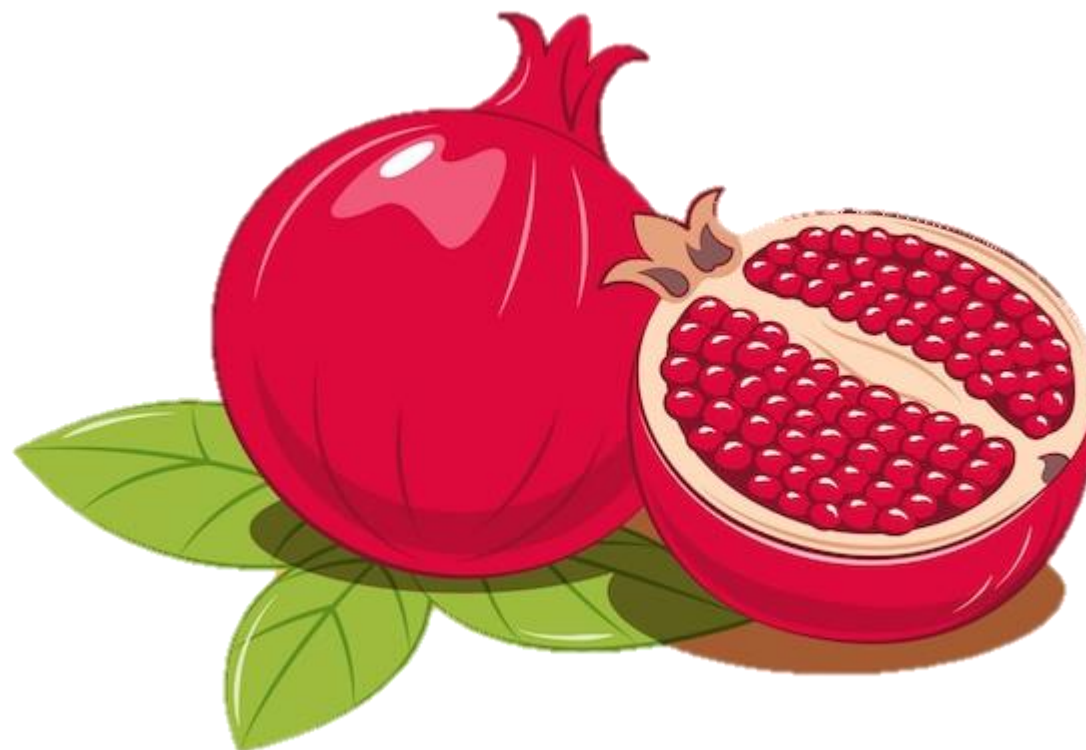
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GRANADA





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GRANADA

GRASA 0,5 – 1,2 g/100 g	SAL <0,1 g/100 g
AZUCARES 14,0 g/100 g	eCO2 40 g/100 g



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PIZZA





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PIZZA

GRASA 9,0 – 10,0 g/100 g	SAL 1,3 – 1,5 g/100 g
AZUCARES 3,0 – 4,0 g/100 g	eCO2 383 g/100 g



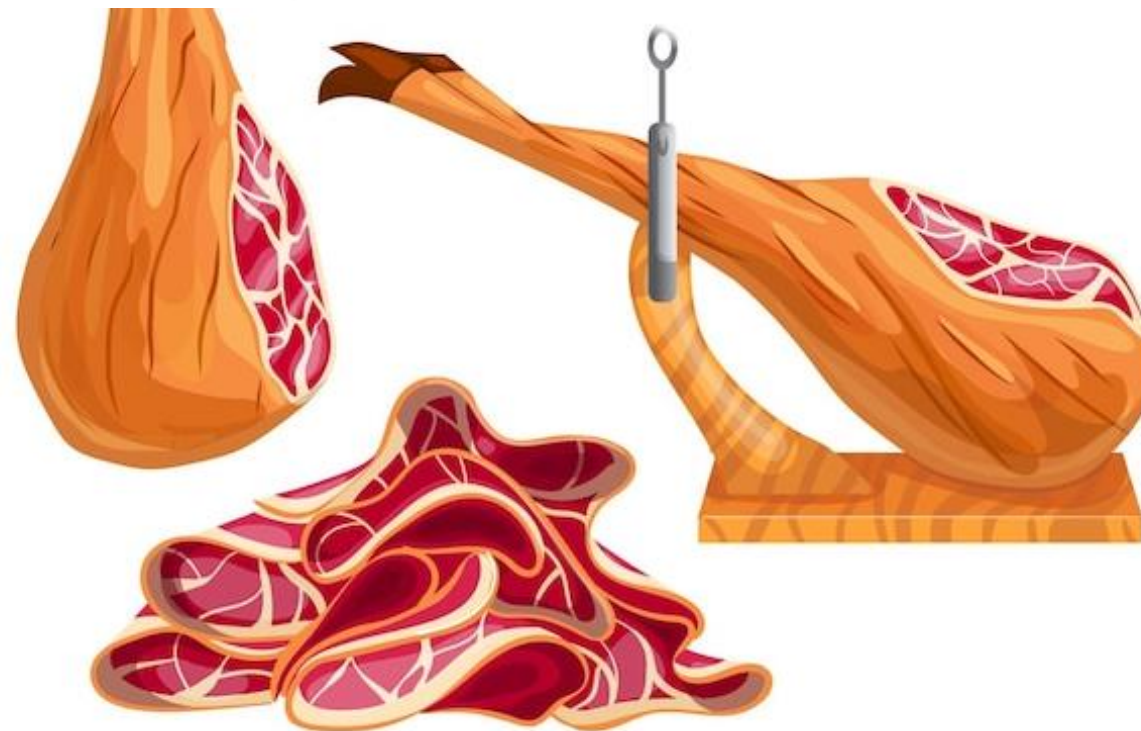
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JAMÓN SERRANO





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JAMÓN SERRANO

GRASA 15,0 – 22,0 g/100 g	SAL 2,4 – 5,3 g/100 g
AZUCARES -- g/100 g	eCO2 663 g/100 g



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GARBANZOS





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GARBANZOS

GRASA 2,5 – 4,0 g/100 g	SAL <0,1 g/100 g
AZUCARES 4,0 – 5,0 g/100 g	eCO2 85 g/100 g



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ESPINACAS





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ESPINACAS

GRASA 0,4 – 0,5 g/100 g	SAL 0,1 – 0,2 g/100 g
AZUCARES 0,4 g/100 g	eCO2 146 g/100 g



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MANDARINAS





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MANDARINAS

GRASA
0,3 g/100 g

SAL
<0,1 g/100 g

AZUCARES
9,0 – 11,0 g/100 g

eCO2
110 g/100 g



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ATÚN





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ATÚN

GRASA 8,1 – 12,1 g/100 g	SAL 1,0 g/100 g
AZUCARES -- g/100 g	eCO2 1016 g/100 g



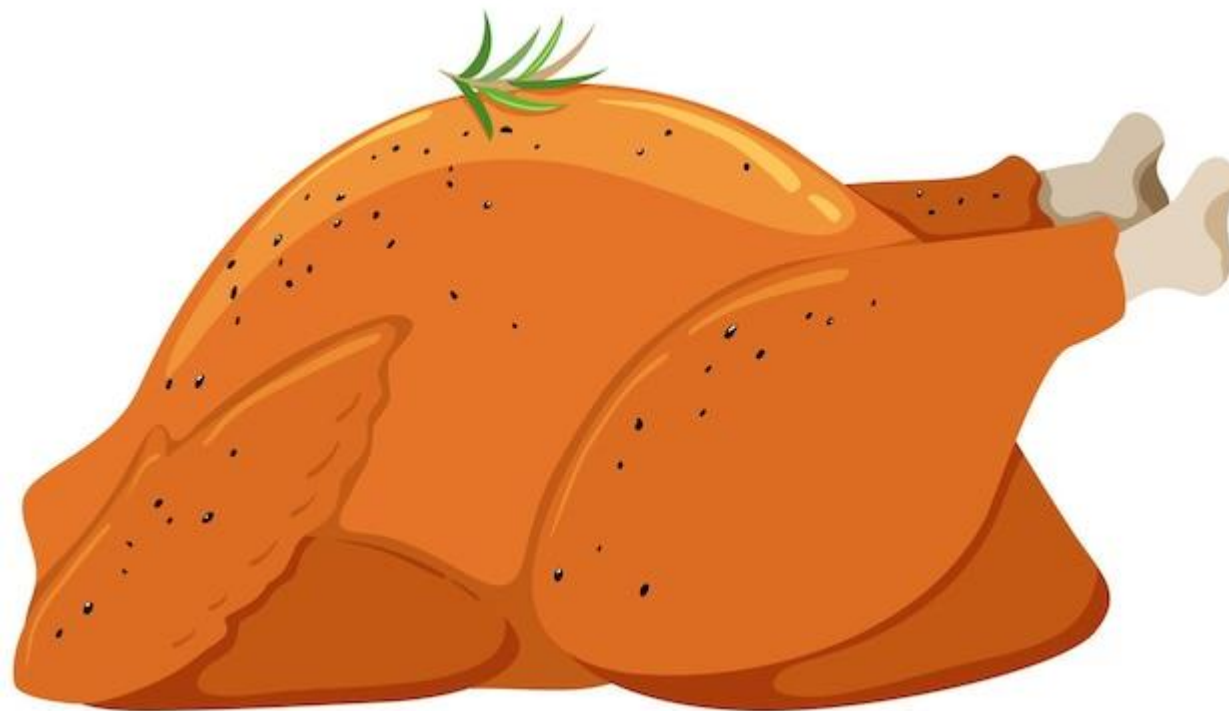
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POLLO





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POLLO

GRASA 4,0 – 9,3 g/100 g	SAL 0,12 – 0,15 g/100 g
AZUCARES -- g/100 g	eCO2 471 g/100 g



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PAN INTEGRAL





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PAN INTEGRAL

GRASA 3,0 – 3,5 g/100 g	SAL 1,1 – 1,3 g/100 g
AZUCARES 4,3 g/100 g	eCO2 110 g/100 g



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ACEITUNAS





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ACEITUNAS

GRASA 15,3 g/100 g	SAL 3,9 g/100 g
AZUCARES 0,54 g/100 g	eCO2 46 g/100g



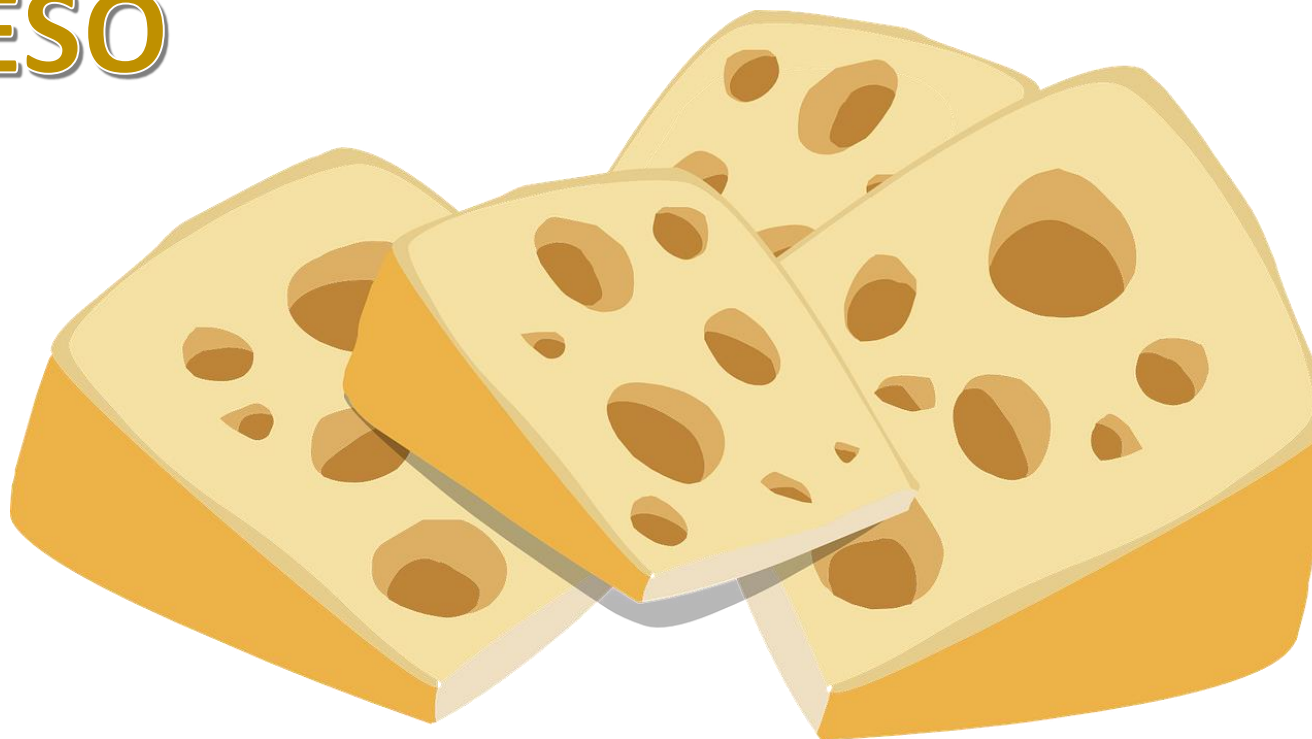
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QUESO





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QUESO

GRASA 27,4 g/100 g	SAL 2,0 g/100 g
AZUCARES 2,2 g/100 g	eCO2 879 g/100g



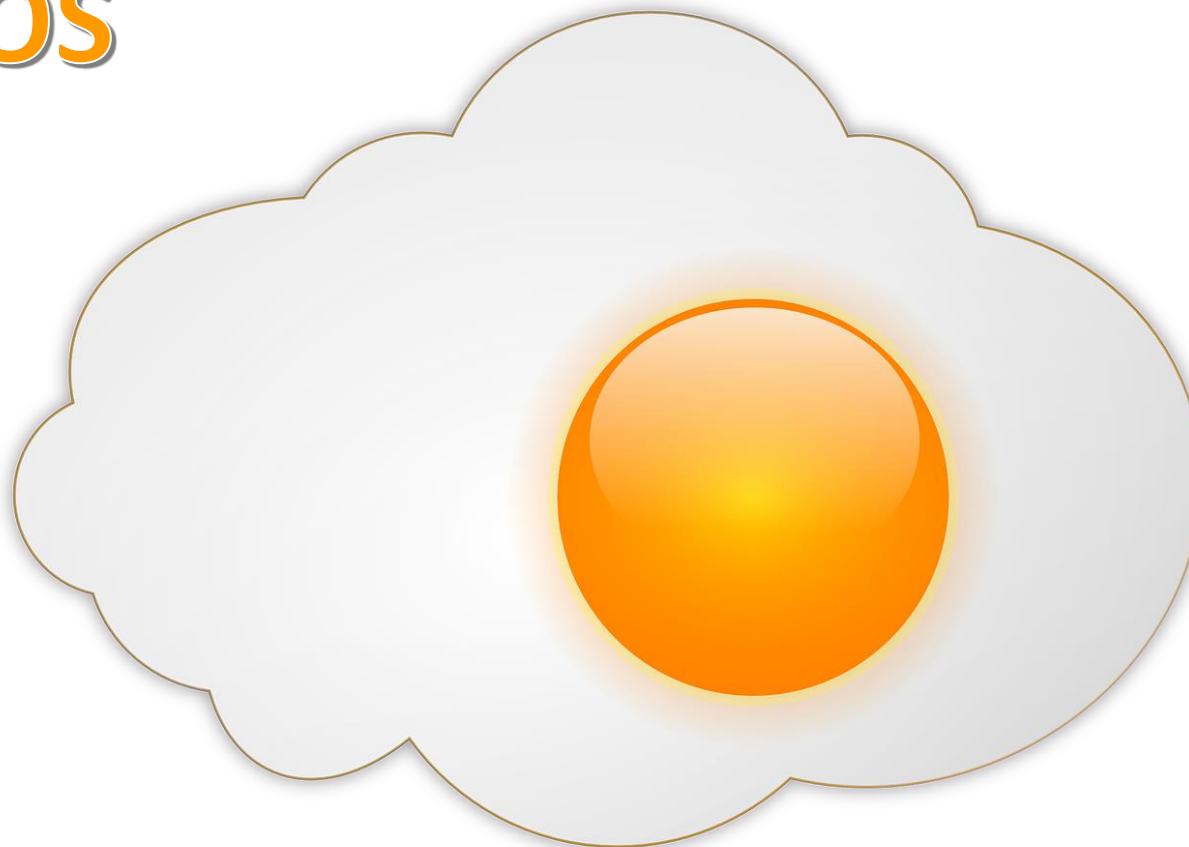
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HUEVOS (fried)





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HUEVOS (fried)

GRASA 14,8 g/100 g	SAL 0,5 g/100 g
AZUCARES 0,4 g/100 g	eCO2 451 g/100g



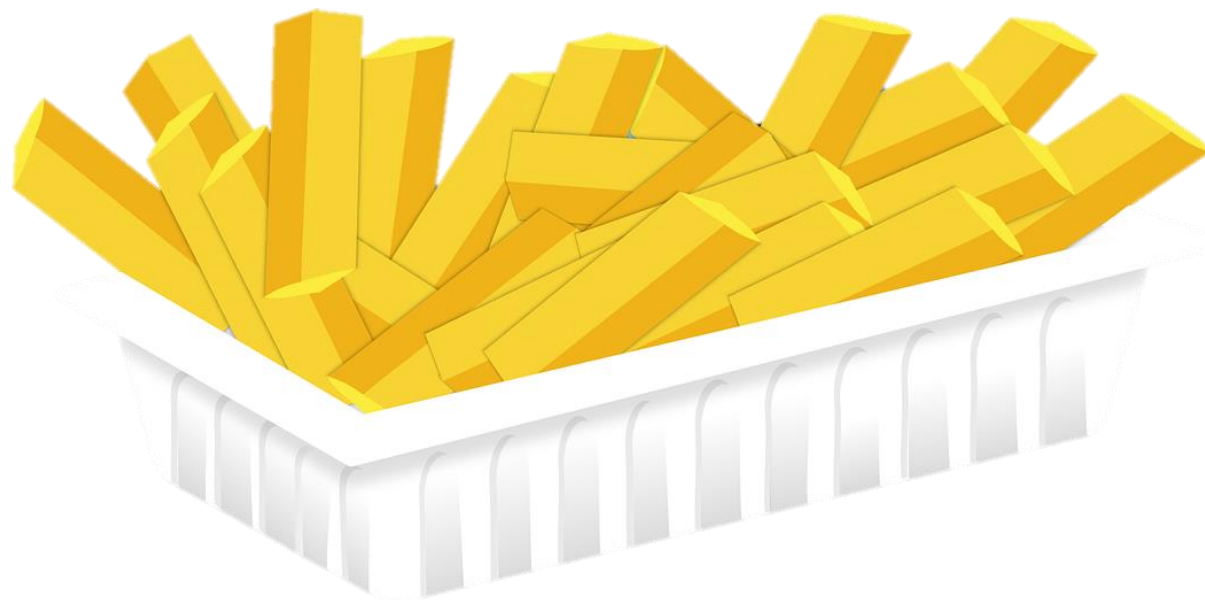
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PATATAS (fried)





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PATATAS (fried)

GRASA 13,1 g/100 g	SAL 0,35 g/100 g
AZUCARES 1,3 g/100 g	eCO2 127 g/100g



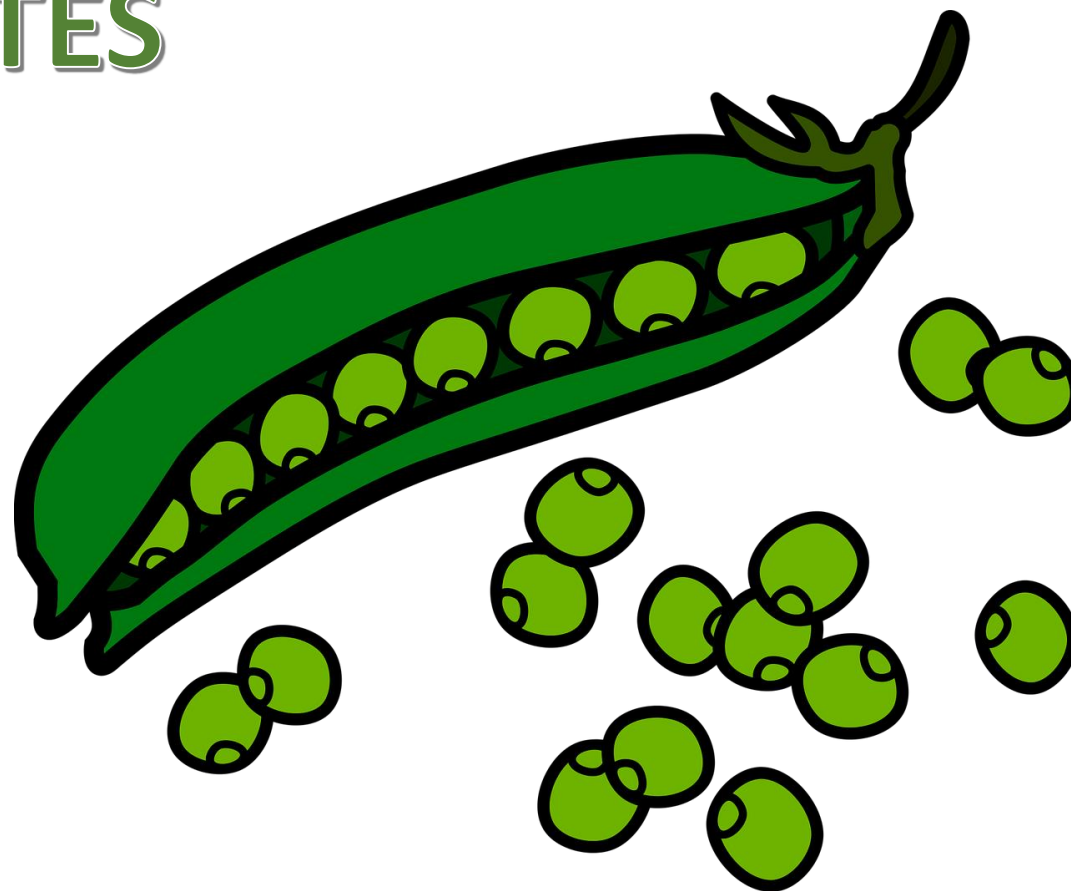
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GUISANTES





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GUISANTES

GRASA 0,4 g/100 g	SAL 0,01 g/100 g
AZUCARES 5,7 g/100 g	eCO2 423 g/100g



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GUACAMOLE





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GUACAMOLE

GRASA 12,3 g/100 g	SAL 0,8 g/100 g
AZUCARES 1,8 g/100 g	eCO2 240 g/100g



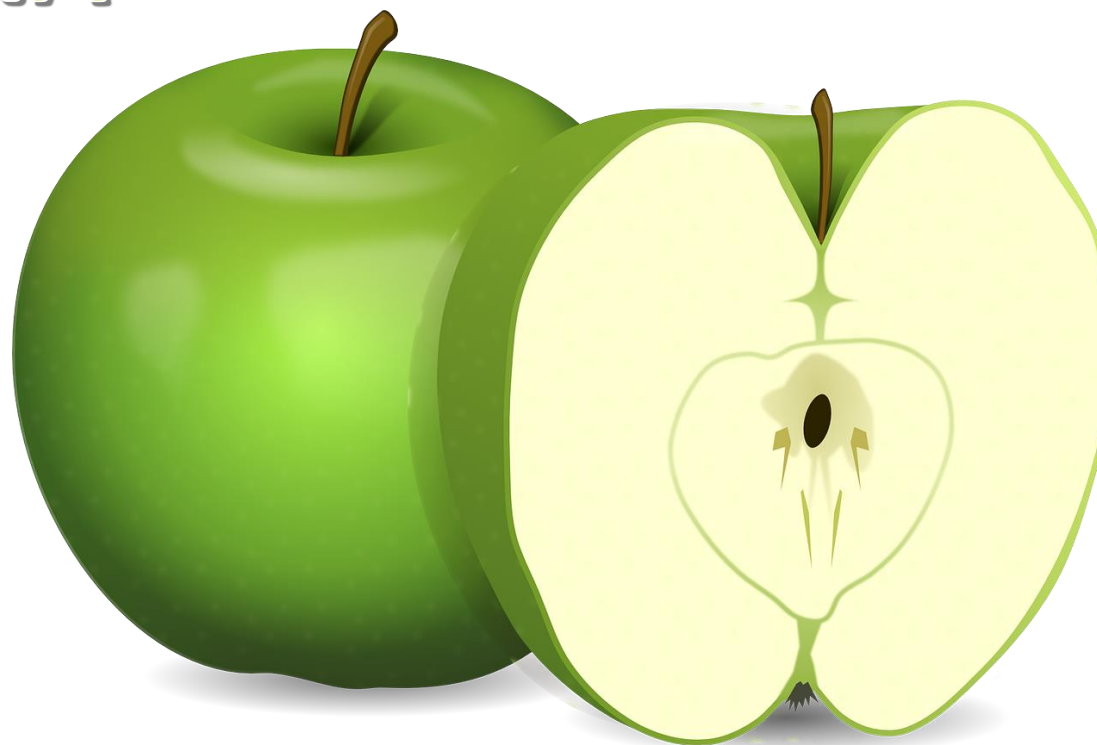
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MANZANA





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MANZANA

GRASA 0,2 g/100 g	SAL <0,001 g/100 g
AZUCARES 10,4 g/100 g	eCO2 90 g/100g



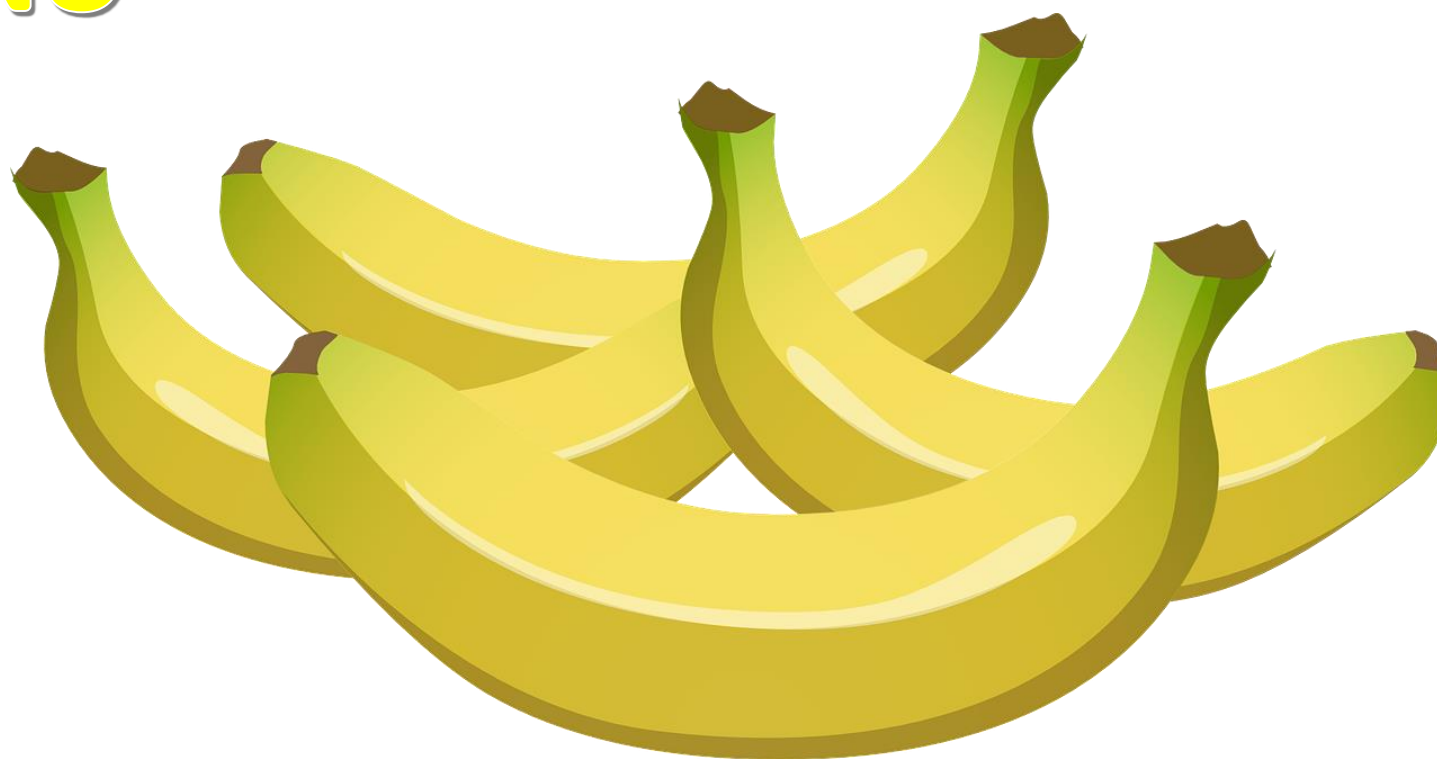
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PLATANO





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PLATANO

GRASA 0,33 g/100 g	SAL <0,001 g/100 g
AZUCARES 12,2 g/100 g	eCO2 130 g/100g



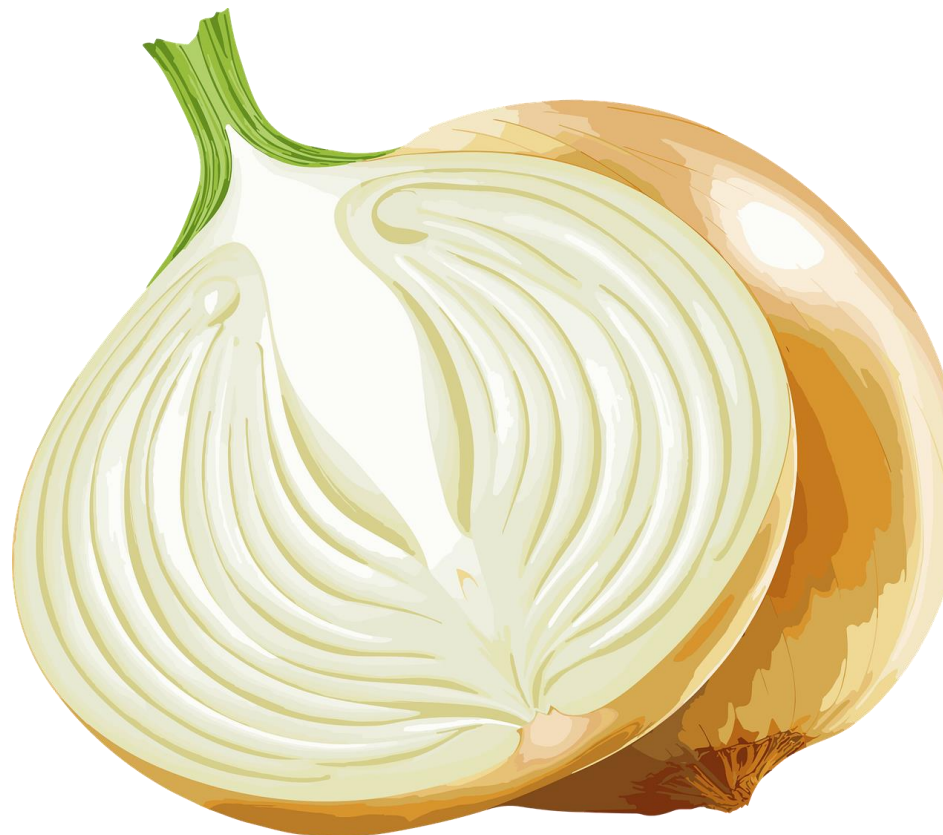
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CEBOLLA





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CEBOLLA

GRASA 0,1 g/100 g	SAL 0,01 g/100 g
AZUCARES 4,2 g/100 g	eCO2 105 g/100g



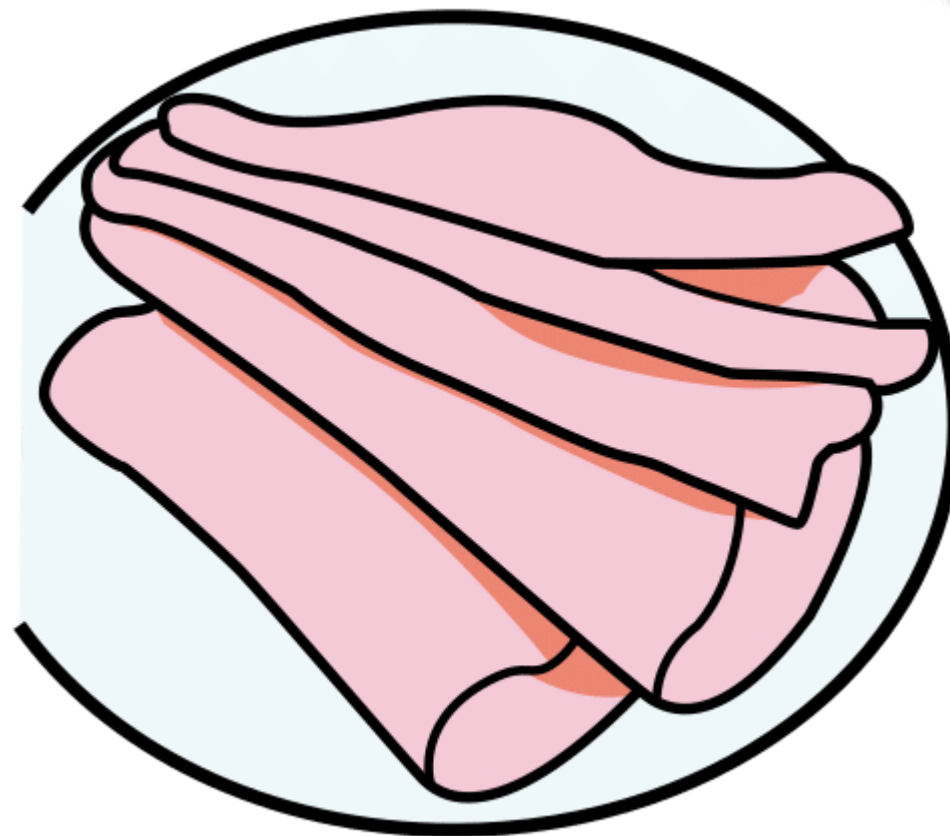
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JAMON DE YORK





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JAMON DE YORK

GRASA 17,6 g/100 g	SAL 0,15 g/100 g
AZUCARES 0 g/100 g	eCO2 663 g/100g



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CROISSANT





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CROISSANT

GRASA 21 g/100 g	SAL 0,96 g/100 g
AZUCARES 11,3 g/100 g	eCO2 306 g/100g