

# Tableau des calories

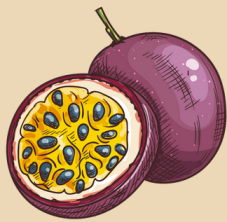
## Fruits qui poussent aux Antilles



# Tableau des calories :

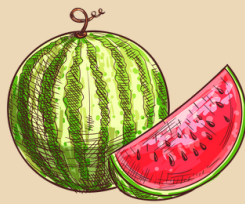
## Fruits des Antilles 1/4

Pour 100g



**Maracudja**

101 Kcal



**Pastèque**

38 Kcal



**Melon**

32 Kcal



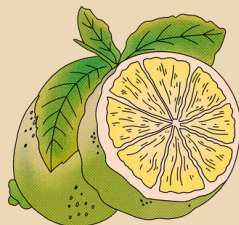
**Ananas**

52 Kcal



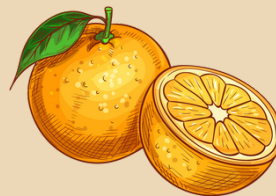
**Papaye**

43 Kcal



**Citron vert**

25 Kcal



**Orange**

46 Kcal



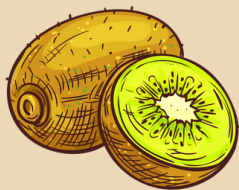
**Corossol**

60 Kcal



**Caimite**

67 Kcal



**Kiwi**

61 Kcal



**Quénettes**

77 Kcal



**Banane**

93 Kcal

# Tableau des calories :

## Fruits des Antilles 2/4

Pour 100g



**Sapotille**

70 Kcal



**Pomme cannelle**

94 Kcal



**Pitaya**

36 Kcal



**Mangu**

73 Kcal



**Pamplemousse**

40 Kcal



**Carambole**

40 Kcal



**Tamarin**

239 Kcal



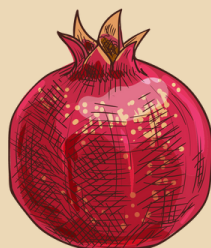
**Kaki**

81 Kcal



**Coco**

362 Kcal



**Grenade**

80 Kcal



**Goyave**

54 Kcal



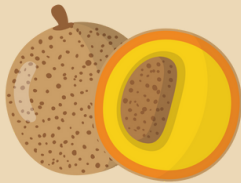
**Prunes de cythère**

47 Kcal

# Tableau des calories :

## Fruits des Antilles 3/4

Pour 100g



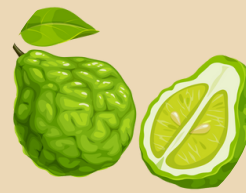
**Abricot Péyi**

54 Kcal



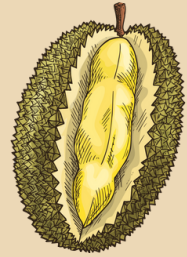
**Cacao**

400 Kcal



**Combava**

22 Kcal



**Jacque**

95 Kcal



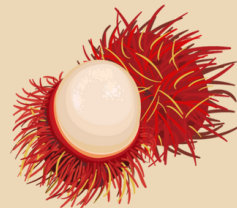
**Mangoustan**

45 Kcal



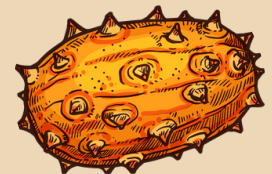
**Mandarine**

46 Kcal



**Raboutan**

239 Kcal



**Massissi**

81 Kcal



**Pomme cajou**

36.5 Kcal



**Pomme d'eau**

80 Kcal



**Cerise Péyi**

32 Kcal



**Prunes moubin**

47 Kcal



# Tableau des calories :

## Fruits des Antilles 4/4

Pour 100g



**Noni**

339 Kcal

**Zikak (Icaque)**

47 Kcal



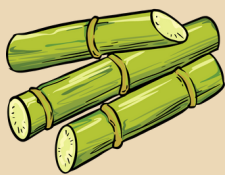
**Mangoustin**

22 Kcal



**Pomme liane**

95 Kcal

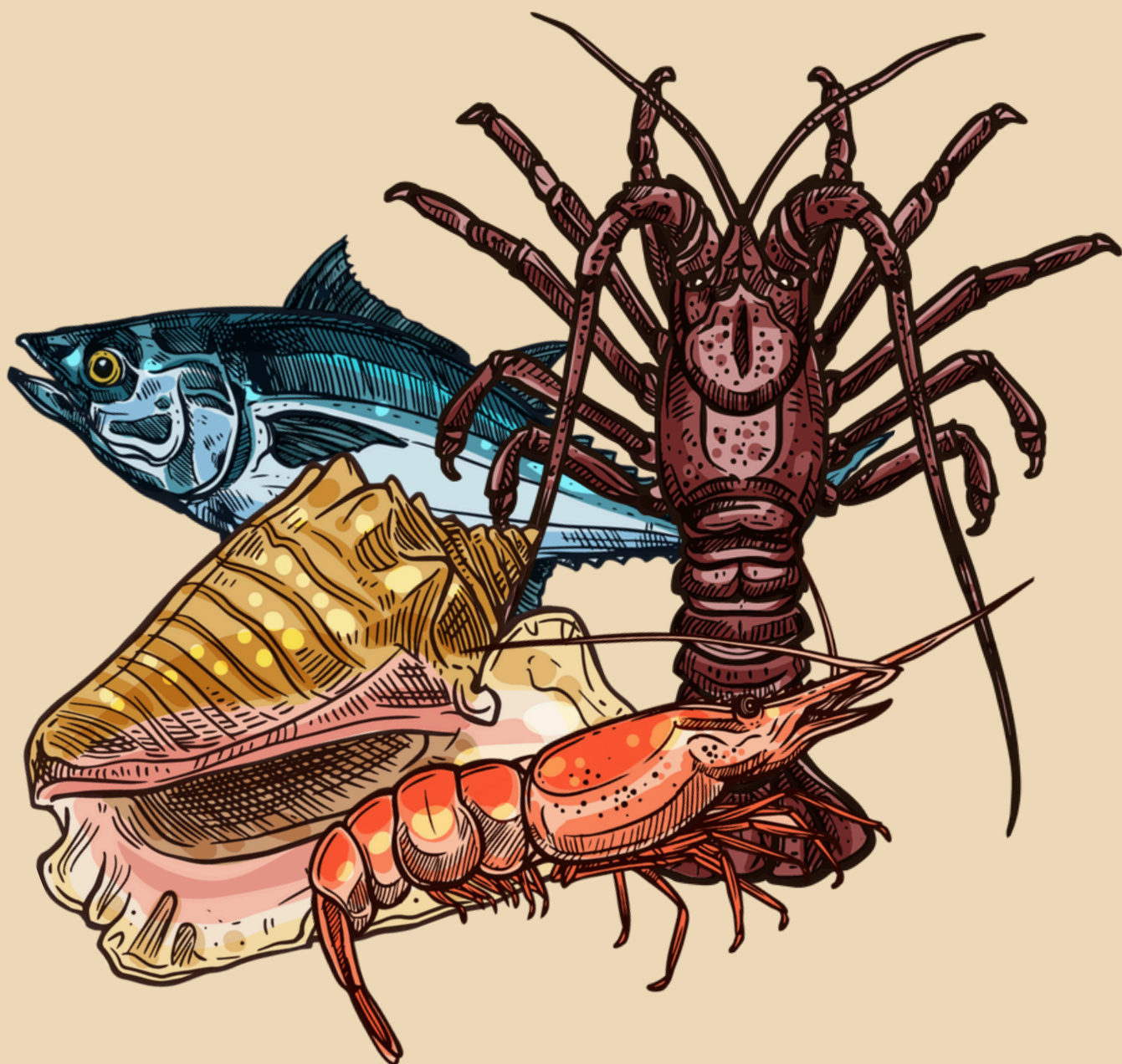


**Canne à sucre**

62 Kcal

# Informations nutritionnelles

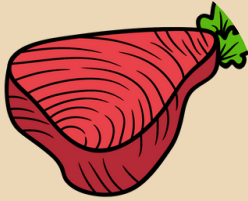
## Poissons et Fruits de Mer



# Informations nutritionnelles :

## Poissons et Fruits de mer

Pour 100g



**Thon**

**Calories** 100 Kcal  
**Protéines** 24.4g  
**Lipides** 0.5g  
**Glucides** -



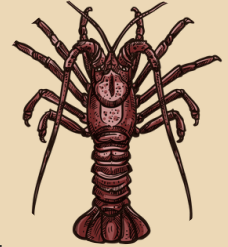
**Saumon**

208 Kcal  
24.4g  
13.4g  
-



**Marlin**

90 Kcal  
18.3g  
1.3g  
-



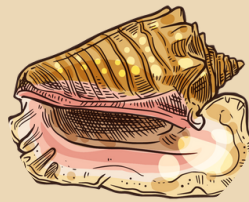
**Langouste**

112 Kcal  
20.6g  
1.5g  
2.4g



**Chatrou**

**Calories** 32 Kcal  
**Protéines** 14.9g  
**Lipides** 1g  
**Glucides** 2.2g



**Lambis**

130 Kcal  
26.3g  
1.2g  
1.7g



**Moules**

86 Kcal  
11.9g  
2.2g  
3.7g



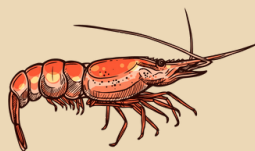
**Huîtres**

89 Kcal  
9.4g  
3.2g  
5g



**Crabe**

**Calories** 101 Kcal  
**Protéines** 20.03g  
**Lipides** 1.6g  
**Glucides** -



**Crevettes**

71 Kcal  
13.6g  
1g  
0.9g



**Morue**

85 Kcal  
17.7g  
1.1g  
-



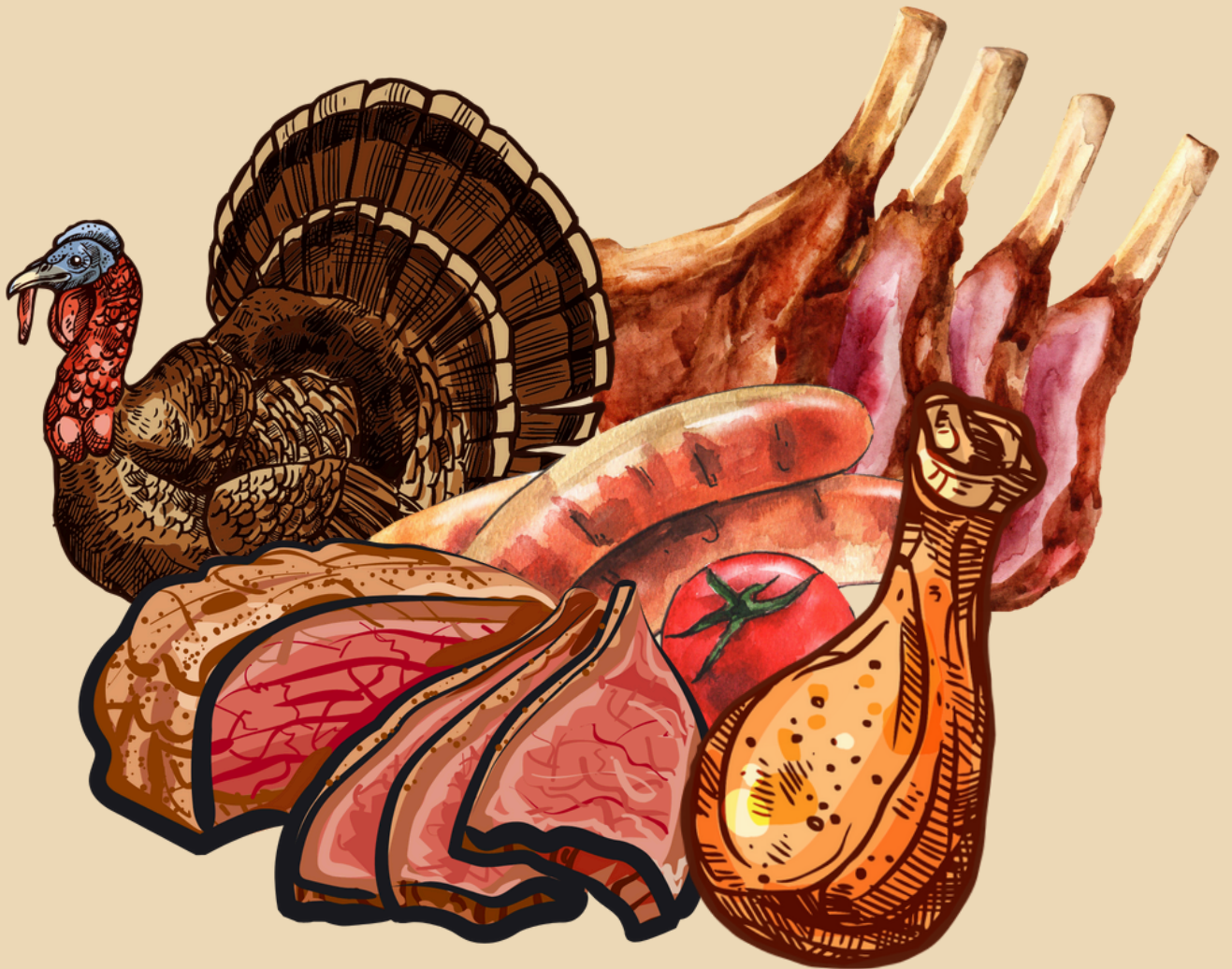
**Oursins**

120 Kcal  
16.07g  
4.89g  
3.35g



# Informations nutritionnelles

## Viandes





# Informations nutritionnelles :

## Viandes

Pour 100g



**Filet de porc**

<b>Calories</b>	201 Kcal
<b>Protéines</b>	29.9 g
<b>Lipides</b>	8.1 g
<b>Glucides</b>	-



**Poulet rôti**

239 Kcal
27.3 g
13.6 g
-



**Blanc de poulet**

101 Kcal
23.6 g
0.7 g
-



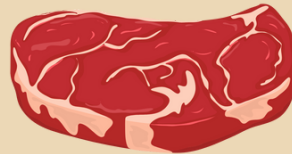
**Mouton**

234 Kcal
33.4 g
11.1 g
0.1 g



**Cuisse de dinde**

<b>Calories</b>	208 Kcal
<b>Protéines</b>	27.9 g
<b>Lipides</b>	9.8 g
<b>Glucides</b>	0.1 g



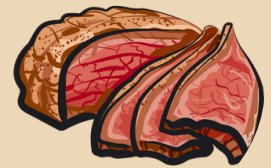
**Entrecôte grillée**

239 Kcal
27.4 g
14.1 g
1.6 g



**Côte de porc**

202 Kcal
24.07 g
11.01 g
0.8 g



**Bavette de boeuf**

<b>Calories</b>	202 Kcal
<b>Protéines</b>	27.6 g
<b>Lipides</b>	9.3 g
<b>Glucides</b>	-



**Foie de boeuf**

<b>Calories</b>	191 Kcal
<b>Protéines</b>	29.1 g
<b>Lipides</b>	5.3 g
<b>Glucides</b>	5.1 g



**Agneau**

271 Kcal
25.5 g
18 g
-



**Pilon poulet**

204 Kcal
125.3 g
110.6 g
-



**Saucisse poulet**

<b>Calories</b>	216 Kcal
<b>Protéines</b>	13.6 g
<b>Lipides</b>	14.3 g
<b>Glucides</b>	8.1 g

# Informations nutritionnelles :

## Viandes

Pour 100g



**Steak haché**



**Jambon**



**Lardons**



**Lards**

<b>Calories</b>	207 Kcal	134 Kcal	119 Kcal	332 Kcal
<b>Protéines</b>	18 g	18 g	16.5 g	3.5 g
<b>Lipides</b>	15 g	6 g	11.9 g	0.5 g
<b>Glucides</b>	-	0.6 g	1.1 g	80 g

# Informations nutritionnelles

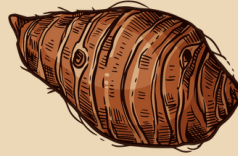
## Légumes qui poussent aux Antilles



# Informations nutritionnelles :

## Légumes qui poussent aux Antilles

Pour 100g



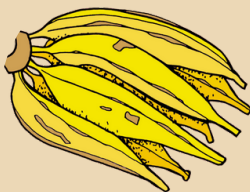
### Igname

### Dachine

### Manioc

### Patate douce

<b>Calories</b>	118 Kcal	109.4 Kcal	138 Kcal	108 Kcal
<b>Protéines</b>	1.49 g	1.15 g	1 g	1 g
<b>Lipides</b>	0.15 g	0.3 g	0.4 g	0.3 g
<b>Glucides</b>	31 g	-	31.8 g	24.8 g
<b>Fibres</b>	3.9 g	2.1 g	4 g	3.14 g



### Banane plantain

### Giraumon

### Fruit à pain

### Pommes de terre

<b>Calories</b>	116 Kcal	20 Kcal	103 Kcal	87 Kcal
<b>Protéines</b>	0.8 g	1 g	1.1 g	1.9 g
<b>Lipides</b>	0.2 g	0.1 g	0.2 g	0.2 g
<b>Glucides</b>	31.1 g	4 g	27.1 g	4.5 g
<b>Fibres</b>	2.3 g	1.3 g	4.9 g	2.5 g



# Informations nutritionnelles :

## Légumes qui poussent aux Antilles

Pour 100g



	<b>Gombos</b>	<b>Haricots Verts</b>	<b>Christophine</b>	<b>"Ti nain"</b>
<b>Calories</b>	22 Kcal	25 Kcal	22 Kcal	110 Kcal
<b>Protéines</b>	1.9 g	2 g	0.6 g	1.4 g
<b>Lipides</b>	0.2 g	0.2 g	0.5 g	0.2 g
<b>Glucides</b>	4.5 g	3.7 g	4.5 g	27.7 g
<b>Fibres</b>	2.5 g	3.1 g	2.8 g	0.5 g