Приложение №19

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| **Пищевая ценность и химический состав микрозелени**В таблице приведено содержание пищевых веществ (калорийности, белков, жиров, углеводов, витаминов и минералов) на 100 грамм съедобной части.

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| --- | --- | --- | --- | --- | --- |
| Нутриент | Количество брюква | Количество свекла | Количество базилик | Количество редис | 100% нормы |
| **Калорийность** | 31 кКал | 23 кКал | 23 кКал | 43 кКал | 5432 г |
| Белки | 2.6 г | 4 г | 3 г | 4 г | 2923 г |
| Жиры | 0.1 г | 1 г | 1 г | 3 г | 56000 г |
| Углеводы | 5 г | 2 г | 2 г | 4 г | 4380 г |
| Пищевые волокна | 3 г | 3 г | 2 г | 3.1 г | 667 г |
| Вода | 90.69 г | 87.8 г | 90.03 г | 90.43 г | 2506 г |
| **Витамины** |  |  |  |  |  |
| Витамин А,  | 150 мкг | 123 мкг | 137 мкг | 144 мкг | 600 г |
| Витамин В1, тиамин | 0.065 мг | 0.027 мг | 0.045 мг | 0.056 мг | 2308 г |
| Витамин В2, рибофлавин | 0.119 мг | 0.040 мг | 0.065 мг | 0.120 мг | 1513 г |
| Витамин В5, пантотеновая | 0.535 мг | 0.145 мг | 0.352 мг | 0.561 мг | 935 г |
| Витамин В6, пиридоксин | 0.159 мг | 0.067 мг | 0.097 мг | 0.139 мг | 1258 г |
| Витамин В9, фолаты | 71 мкг | 80 мкг | 71 мкг | 70 мкг | 563 г |
| Витамин C, аскорбиновая | 93.2 мг | 95.6 мг | 88.9 мг | 93.6 мг | 97 г |
| Витамин Е, альфа токоферол, ТЭ | 1.35 мг | 0.47 мг | 0.96 мг | 1.38 мг | 1111 г |
| Витамин К, филлохинон | 101.4 мкг | 90.2 мкг | 106.7 мкг | 100.4 мкг | 118 г |
| Витамин РР, НЭ | 0.638 мг | 0.331 мг | 0.562 мг | 0.298мг | 3135 г |
| **Макроэлементы** |  |  |  |  |  |
| Калий, K | 325 мг | 280 мг | 198 мг | 311 мг | 769 г |
| Кальций, Ca | 48 мг | 36 мг | 40 мг | 50 мг | 2083 г |
| Магний, Mg | 25 мг | 28 мг | 30 мг | 22 мг | 1600 г |
| Натрий, Na | 27 мг | 23 мг | 19 мг | 22 мг | 4815 г |
| Фосфор, P | 66 мг | 54 мг | 48 мг | 59 мг | 1212 г |
| **Микроэлементы** |  |  |  |  |  |
| Железо, Fe | 0.88 мг | 1.4 мг | 1.2 мг | 0.92 мг | 2045 г |
| Марганец, Mn | 0.229 мг | - | - | 0.017 мг | 873 г |
| Медь, Cu | 45 мкг | 30 мкг | 17 мкг | 39 мкг | 2222 г |
| Селен, Se | 3 мкг | 3.6 мкг | 3.2 мкг | 2.8 мкг | 1833 г |
| Цинк, Zn | 0.4 мг | 0.2 мг | 0.38 мг | 0.41 мг | 3000 г |
| **Усвояемые углеводы** |  |  |  |  |  |
| Моно- и дисахариды (сахара) | 1.47 г | - | - | - |  |
| **Незаменимые аминокислоты** |  |  |  |  |  |
| Аргинин\* | 0.145 г | 0.115 г | 0,013 | 0.135 г |  |
| Валин | 0.128 г | - | - | - |  |
| Гистидин\* | 0.05 г | - | - | - |  |
| Изолейцин | 0.109 г | - | - | - |  |
| Лейцин | 0.131 г | - | - | - |  |
| Лизин | 0.141 г | - | - | - |  |
| Метионин | 0.034 г | - | - | - |  |
| Треонин | 0.091 г | - | - | - |  |
| Триптофан | 0.029 г | 0.009 г | 0.011 г | 0.030 г |  |
| Фенилаланин | 0.084 г |  |  |  |  |
| **Заменимые аминокислоты** |  |  |  |  |  |
| Аланин | 0.118 г | - | - | - |  |
| Аспарагиновая кислота | 0.213 г | - | - | - |  |
| Глицин | 0.095 г | 0.072 г | 0.085 г | 0.096 г |  |
| Глутаминовая кислота | 0.375 г | - | - | - |  |
| Пролин | 0.114 г | - | - | - |  |
| Серин | 0.1 г | - | - | - |  |
| Тирозин | 0.063 г | - | - | - |  |
| Цистеин | 0.02 г | - | - | - |  |
| **Насыщенные жирные кислоты** |  |  |  |  |  |
| Насыщеные жирные кислоты | 0.054 г | 0.064 г | 0.051 г | 0.056 г |  |
| Пальмитиновая | 0.047 г | 0.017 г | 0.041 г | 0.032 г |  |
| Стеариновая | 0.007 г | 0.005 г | 0.003 г | 0.003 г |  |
| **Мононенасыщенные жирные кислоты** | 0.024 г |  |  |  |  |
| Олеиновая (омега-9) | 0.024 г | - | - | - |  |
| **Полиненасыщенные жирные кислоты** | 0.167 г |  |  |  |  |
| Линолевая | 0.038 г | - | - | - |  |
|  Линоленовая | 0.129 г | - | - | - |  |
| Омега-3 жирные кислоты | 0.129 г | 0.114 г | 0.109 г | 0.132 г |  |
| Омега-6 жирные кислоты | 0.038 г | - | - | - |  |

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**Среднее содержание** основных витаминов и минералов, (от суточной нормы): витамина А - 16,7 %, бэта-каротином - 13,5 %, витамина B9 - 17,8 %, витамина C - 103,6 %, витамина K - 84,5 %,

калия - 13 %, магния - 11,5 %