

## Valoarea nutritiva a unor verdeturi, legume si fructe

Sursa: USDA Nutrient Database for Standard Reference, Release 15.

Verdeturi, legume (100 grame)	Apa (%)	Energie (kcal)	Proteine (grame)	Vitamina C (mg)	Ca (mg)	P (mg)	Mg (mg)	Proportia Ca:P
<b>andive, cu frunza lata</b> (Endive, Escarol) <i>Cichorium endivia</i>	93.79	17	1.25	6.5	52	28	15	1.9:1
<b>anghinare</b> (Artichoke) <i>Cynara scolymus</i>	84.94	47	3.27	11.7	44	90	60	0.5:1
<b>ardei gras galben</b> (Sweet Yellow Peppers) <i>Capsicum annuum</i>	92.02	27	1.00	183.5	11	24	12	0.5:1
<b>ardei gras rosu</b> (Sweet Red Peppers) <i>Capsicum annuum</i>	92.19	27	0.89	190.0	9	19	10	0.5:1
<b>ardei gras verde</b> (Green Pepper) <i>Capsicum annuum</i>	92.19	27	0.89	89.3	9	19	10	0.5:1
<b>bama</b> (Okra) <i>Abelmoschus esculentus</i>	89.58	33	2.00	21.1	81	63	57	1.3:1
<b>broccoli</b> (Broccoli) <i>Brassica oleracea (Botrytis Group)</i>	90.69	28	2.98	93.2	48	66	25	0.7:1
<b>busuioc, frunza</b> (Basil) <i>Ocimum basilicum</i>	90.96	27	2.54	18.0	154	69	81	2.2:1
<b>batat/cartof dulce</b> (Sweet Potato) <i>Ipomoea batatas</i>	72.84	105	1.65	22.7	22	28	10	0.8:1
<b>batat, frunza</b> (Sweet Potato Leaves) <i>Ipomoea batatas</i>	87.96	35	4.00	11.0	37	94	61	0.4:1
<b>castravete cu coaja</b> (Cucumber with peel) <i>Cucumis sativus</i>	96.01	13	0.69	5.3	14	20	11	0.7:1
<b>castravete decojit</b> (Cucumber without peel) <i>Cucumis sativus</i>	96.49	12	0.57	2.8	14	21	12	0.7:1
<b>cicoare Witloof</b> (Witloof ) <i>Cichorium intybus</i>	94.52	17	0.90	2.8	19	26	10	0.7:1

<b>cicoare, frunza</b> (Chicory Greens) <i>Cichorium intybus</i>	<b>92.00</b>	<b>23</b>	<b>1.70</b>	<b>24.0</b>	<b>100</b>	<b>47</b>	<b>30</b>	<b>2.1:1</b>
<b>conopida</b> (Cauliflower) <i>Brassica oleracea (Botrytis group)</i>	<b>91.91</b>	<b>25</b>	<b>1.98</b>	<b>46.4</b>	<b>22</b>	<b>44</b>	<b>15</b>	<b>0.5:1</b>
<b>conopida, frunza</b> (Cauliflower, green) <i>Brassica oleracea (Botrytis Group)</i>	<b>89.79</b>	<b>31</b>	<b>2.95</b>	<b>88.1</b>	<b>33</b>	<b>62</b>	<b>20</b>	<b>0.5:1</b>
<b>coriandru, frunza/patrunjel chinezesc</b> (Cilantro) <i>Coriandrum sativum</i>	<b>92.21</b>	<b>23</b>	<b>2.13</b>	<b>27.0</b>	<b>67</b>	<b>48</b>	<b>26</b>	<b>1.4:1</b>
<b>creson de gradina</b> (Cress, Garden) <i>Lepidium sativum</i>	<b>89.40</b>	<b>32</b>	<b>2.60</b>	<b>69.0</b>	<b>81</b>	<b>76</b>	<b>38</b>	<b>1.1:1</b>
<b>dovleac de copt</b> (Pumpkin) <i>Cucurbita spp</i>	<b>91.60</b>	<b>26</b>	<b>1.00</b>	<b>9.0</b>	<b>21</b>	<b>44</b>	<b>12</b>	<b>0.5:1</b>
<b>dovleac, soiuri de iarna</b> (Squash, winter) <i>Cucurbita spp.</i>	<b>88.72</b>	<b>37</b>	<b>1.45</b>	<b>12.3</b>	<b>31</b>	<b>32</b>	<b>21</b>	<b>1:1</b>
<b>dovleac, soiuri de vara</b> (Squash, summer) <i>Cucurbita spp.</i>	<b>93.68</b>	<b>20</b>	<b>1.18</b>	<b>14.8</b>	<b>20</b>	<b>35</b>	<b>23</b>	<b>0.6:1</b>
<b>frunza de patrunjel</b> (Parsley) <i>Petroselinum crispum</i>	<b>87.71</b>	<b>36</b>	<b>2.97</b>	<b>133.0</b>	<b>138</b>	<b>58</b>	<b>50</b>	<b>2.4:1</b>
<b>gulie</b> (Kohlrabi) <i>Brassica oleracea (Gongylodes Group)</i>	<b>91.00</b>	<b>27</b>	<b>1.70</b>	<b>62.0</b>	<b>24</b>	<b>46</b>	<b>19</b>	<b>0.5:1</b>
<b>iarba grasa de gradina</b> (Purslane) <i>Portulaca oleracea</i>	<b>93.92</b>	<b>16</b>	<b>1.30</b>	<b>21.0</b>	<b>65</b>	<b>44</b>	<b>68</b>	<b>1.5:1</b>
<b>loboda salbatica/spanac alb</b> (Lambs quarters) <i>Chenopodium album</i>	<b>84.30</b>	<b>43</b>	<b>4.20</b>	<b>80.0</b>	<b>309</b>	<b>72</b>	<b>34</b>	<b>4.3:1</b>
<b>laptuca</b> (Butterhead lettuce) <i>Lactuca sativa</i>	<b>95.58</b>	<b>13</b>	<b>1.29</b>	<b>8.0</b>	<b>32</b>	<b>23</b>	<b>13</b>	<b>1.4:1</b>
<b>limba mielului/boranta rosie</b> (Borage) <i>Borago officinalis</i>	<b>93.00</b>	<b>21</b>	<b>1.80</b>	<b>35.0</b>	<b>93</b>	<b>53</b>	<b>52</b>	<b>1.8:1</b>
<b>lucerna frageda</b> (Alfalfa Sprouts) <i>Medicago sativa</i>	<b>91.14</b>	<b>29</b>	<b>3.99</b>	<b>8.2</b>	<b>32</b>	<b>70</b>	<b>27</b>	<b>0.5:1</b>

<b>macris</b> (Dock) <i>Rumex spp.</i>	<b>93.00</b>	<b>22</b>	<b>2.00</b>	<b>48.0</b>	<b>44</b>	<b>63</b>	<b>103</b>	<b>0.7:1</b>
<b>marar</b> (Dill Weed) <i>Anethum graveolens</i>	<b>85.95</b>	<b>43</b>	<b>3.46</b>	<b>85.0</b>	<b>208</b>	<b>66</b>	<b>55</b>	<b>3.2:1</b>
<b>mazare verde</b> (Peas, green) <i>Pisum sativum</i>	<b>78.86</b>	<b>81</b>	<b>5.42</b>	<b>40.0</b>	<b>25</b>	<b>108</b>	<b>33</b>	<b>0.2:1</b>
<b>mazare verde in pastaie</b> (Peas podded) <i>Pisum sativum</i>	<b>88.89</b>	<b>42</b>	<b>2.80</b>	<b>60.0</b>	<b>43</b>	<b>53</b>	<b>24</b>	<b>0.8:1</b>
<b>morcov</b> (Carrot) <i>Daucus carota</i>	<b>87.79</b>	<b>43</b>	<b>1.03</b>	<b>9.3</b>	<b>27</b>	<b>44</b>	<b>15</b>	<b>0.6:1</b>
<b>mustar, frunza</b> (Mustard Greens) <i>Brassica juncea</i>	<b>90.80</b>	<b>26</b>	<b>2.70</b>	<b>70.0</b>	<b>103</b>	<b>43</b>	<b>32</b>	<b>2.4:1</b>
<b>nap</b> (Turnip) <i>Brassica rapa (Rapifera group)</i>	<b>91.87</b>	<b>27</b>	<b>0.90</b>	<b>21.0</b>	<b>30</b>	<b>27</b>	<b>11</b>	<b>1.1:1</b>
<b>nap, frunza</b> (Turnip Greens) <i>Brassica rapa (Rapifera group)</i>	<b>91.07</b>	<b>27</b>	<b>1.50</b>	<b>60.0</b>	<b>190</b>	<b>42</b>	<b>31</b>	<b>4.5:1</b>
<b>nasturel/macris de balta</b> (Watercress) <i>Nasturtium officinale</i>	<b>95.11</b>	<b>11</b>	<b>2.30</b>	<b>43.0</b>	<b>120</b>	<b>60</b>	<b>21</b>	<b>2:1</b>
<b>papadie</b> (Dandelion Greens) <i>Taraxacum officinale</i>	<b>85.60</b>	<b>45</b>	<b>2.70</b>	<b>35.5</b>	<b>187</b>	<b>66</b>	<b>36</b>	<b>2.8:1</b>
<b>pastarnac</b> (Parsnips) <i>Pastinaca sativa</i>	<b>79.53</b>	<b>75</b>	<b>1.20</b>	<b>17.0</b>	<b>36</b>	<b>71</b>	<b>29</b>	<b>0.5:1</b>
<b>patlagina</b> (Plantain) <i>Plantago spp.</i>	<b>65.28</b>	<b>122</b>	<b>1.30</b>	<b>18.4</b>	<b>3</b>	<b>34</b>	<b>37</b>	<b>0.1:1</b>
<b>porumb fraged, alb</b> (Corn, White) <i>Zea mays</i>	<b>75.96</b>	<b>86</b>	<b>3.22</b>	<b>6.8</b>	<b>2</b>	<b>89</b>	<b>37</b>	<b>0.02:1</b>
<b>ridiche</b> (Radish) <i>Raphanus sativus</i>	<b>94.84</b>	<b>20</b>	<b>0.60</b>	<b>22.8</b>	<b>21</b>	<b>18</b>	<b>9</b>	<b>1.2:1</b>
<b>rosie *</b> (Tomato, year round average) <i>Lycopersicum esculentum *</i>	<b>93.76</b>	<b>21</b>	<b>0.85</b>	<b>19.1</b>	<b>5</b>	<b>24</b>	<b>11</b>	<b>0.2:1</b>

<b>salata arugula, rucola</b> (Arugula lettuce, rocket) <i>Eruca sativa</i>	<b>91.71</b>	<b>25</b>	<b>2.58</b>	<b>15.0</b>	<b>160</b>	<b>52</b>	<b>47</b>	<b>3.1:1</b>
<b>salata fara capatana</b> (LooseLeaf lettuce) <i>Lactuca sativa</i>	<b>94.00</b>	<b>18</b>	<b>1.30</b>	<b>18.0</b>	<b>68</b>	<b>25</b>	<b>11</b>	<b>2.7:1</b>
<b>salata verde</b> (Romaine lettuce) <i>Lactuca sativa</i>	<b>94.91</b>	<b>14</b>	<b>1.62</b>	<b>24.0</b>	<b>36</b>	<b>45</b>	<b>6</b>	<b>0.8:1</b>
<b>sfecla</b> (Beet) <i>Beta vulgaris</i>	<b>87.58</b>	<b>43</b>	<b>1.61</b>	<b>4.9</b>	<b>16</b>	<b>40</b>	<b>23</b>	<b>0.4:1</b>
<b>sfecla, frunza</b> (Beet Greens) <i>Beta vulgaris</i>	<b>92.15</b>	<b>19</b>	<b>1.82</b>	<b>30.0</b>	<b>119</b>	<b>40</b>	<b>72</b>	<b>3:1</b>
<b>sfecla mangold</b> (Chard, Swiss) <i>Beta vulgaris (Cicla Group)</i>	<b>92.66</b>	<b>19</b>	<b>1.80</b>	<b>30.0</b>	<b>51</b>	<b>46</b>	<b>81</b>	<b>1.1:1</b>
<b>spanac</b> (Spinach) <i>Spinacia oleracea</i>	<b>91.58</b>	<b>22</b>	<b>2.86</b>	<b>28.1</b>	<b>99</b>	<b>49</b>	<b>79</b>	<b>2:1</b>
<b>sparanghel</b> (Asparagus) <i>Asparagus officinalis</i>	<b>92.40</b>	<b>23</b>	<b>2.28</b>	<b>13.2</b>	<b>21</b>	<b>56</b>	<b>18</b>	<b>0.4:1</b>
<b>telina, frunza</b> (Celery) <i>Apium graveolens</i>	<b>94.64</b>	<b>16</b>	<b>0.75</b>	<b>7.0</b>	<b>40</b>	<b>25</b>	<b>11</b>	<b>1.6:1</b>
<b>topinambur</b> (Jerusalem Artichokes) <i>Helianthus tuberosus</i>	<b>78.01</b>	<b>76</b>	<b>2.00</b>	<b>4.0</b>	<b>14</b>	<b>78</b>	<b>17</b>	<b>0.2:1</b>
<b>varza capatana/alba</b> (Cabbage, common) <i>Brassica oleracea (Capitata Group)</i>	<b>92.52</b>	<b>24</b>	<b>1.21</b>	<b>51.0</b>	<b>47</b>	<b>23</b>	<b>15</b>	<b>2:1</b>
<b>varza chinezeasca Pakchoi</b> (Pak-choi cabbage) <i>Brassica rapa (Chinensis Group)</i>	<b>95.32</b>	<b>13</b>	<b>1.50</b>	<b>45.0</b>	<b>105</b>	<b>37</b>	<b>19</b>	<b>2.8:1</b>
<b>varza chinezeasca Petsai</b> (Pe-Tsai cabbage) <i>Brassica rapa (Pekinensis Group)</i>	<b>94.39</b>	<b>16</b>	<b>1.20</b>	<b>27.0</b>	<b>77</b>	<b>29</b>	<b>13</b>	<b>2.7:1</b>
<b>varza creata</b> (Savoy cabbage) <i>Brassica oleracea (Capitata Group)</i>	<b>91.00</b>	<b>27</b>	<b>2.00</b>	<b>31.0</b>	<b>35</b>	<b>42</b>	<b>28</b>	<b>0.8:1</b>
<b>varza de Bruxelles</b> (Brussels Sprouts) <i>Brassica oleracea (Gemmifera Group)</i>	<b>86.00</b>	<b>43</b>	<b>3.38</b>	<b>85.0</b>	<b>42</b>	<b>69</b>	<b>23</b>	<b>0.6:1</b>

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<b>varza rosie</b> (Red cabbage) <i>Brassica oleracea (Capitata Group)</i>	<b>91.55</b>	<b>27</b>	<b>1.39</b>	<b>57.0</b>	<b>51</b>	<b>42</b>	<b>15</b>	<b>1.2:1</b>
<b>varza Tatsoi</b> (Spinach mustard) <i>Brassica rapa (Perviridis Group)</i>	<b>92.20</b>	<b>22</b>	<b>2.20</b>	<b>130.0</b>	<b>210</b>	<b>28</b>	<b>11</b>	<b>7.5:1</b>
<b>varza verde</b> (Collards) <i>Brassica oleracea (Acephala Group)</i>	<b>90.55</b>	<b>30</b>	<b>2.45</b>	<b>35.3</b>	<b>145</b>	<b>10</b>	<b>9</b>	<b>14.5:1</b>
<b>varza verde creata</b> (Kale) <i>Brassica oleracea (Acephala Group)</i>	<b>84.46</b>	<b>50</b>	<b>3.30</b>	<b>120.0</b>	<b>135</b>	<b>56</b>	<b>34</b>	<b>2.4:1</b>
<b>vineta</b> (Eggplant) <i>Solanum malongena</i>	<b>92.41</b>	<b>24</b>	<b>1.01</b>	<b>2.2</b>	<b>9</b>	<b>25</b>	<b>14</b>	<b>0.4:1</b>
* rosie: iunie-octombrie: 26 mg Vitamina C; noiembrie-mai: 10 mg Vitamina C;								
<b>Fructe (100 grame)</b>	<b>Apa (%)</b>	<b>Energie (kcal)</b>	<b>Proteine (grame)</b>	<b>Vitamina C (mg)</b>	<b>Ca (mg)</b>	<b>P (mg)</b>	<b>Mg (mg)</b>	<b>Proportia Ca:P</b>
<b>afina neagra</b> (Blueberries) <i>Vaccinium spp.</i>	<b>84.61</b>	<b>56</b>	<b>0.67</b>	<b>13.0</b>	<b>6</b>	<b>10</b>	<b>5</b>	<b>0.6:1</b>
<b>afina rosie</b> (Cranberries) <i>Vaccinium macrocarpon</i>	<b>86.54</b>	<b>49</b>	<b>0.39</b>	<b>13.5</b>	<b>7</b>	<b>9</b>	<b>5</b>	<b>0.8:1</b>
<b>ananas</b> (Pineapple) <i>Ananus comosus</i>	<b>86.50</b>	<b>49</b>	<b>0.39</b>	<b>15.4</b>	<b>7</b>	<b>7</b>	<b>14</b>	<b>1:1</b>
<b>banana</b> (Banana) <i>Musa X paradisiaca</i>	<b>74.26</b>	<b>92</b>	<b>1.03</b>	<b>9.1</b>	<b>6</b>	<b>20</b>	<b>29</b>	<b>0.3:1</b>
<b>caisa</b> (Apricots) <i>Prunus armeniaca</i>	<b>86.35</b>	<b>48</b>	<b>1.40</b>	<b>10.0</b>	<b>14</b>	<b>19</b>	<b>8</b>	<b>0.7:1</b>
<b>capsuna</b> (Strawberries) <i>Fragaria X ananassa</i>	<b>91.57</b>	<b>30</b>	<b>0.61</b>	<b>56.7</b>	<b>14</b>	<b>19</b>	<b>10</b>	<b>0.7:1</b>
<b>cireasa</b> (Cherries, Sweet) <i>Prunus avium</i>	<b>80.76</b>	<b>72</b>	<b>1.20</b>	<b>7.0</b>	<b>15</b>	<b>19</b>	<b>11</b>	<b>0.8:1</b>

<b>fructe kaki</b> (Persimmon, Japanese) <i>Diospyros kaki</i>	<b>80.32</b>	<b>70</b>	<b>0.58</b>	<b>7.5</b>	<b>8</b>	<b>17</b>	<b>9</b>	<b>0.5:1</b>
<b>grapefruit galben</b> (Grapefruit, White) <i>Citrus paradisi</i>	<b>90.48</b>	<b>33</b>	<b>0.69</b>	<b>33.3</b>	<b>12</b>	<b>8</b>	<b>9</b>	<b>1.5:1</b>
<b>grapefruit rosu</b> (Grapefruit, Pink/Red) <i>Citrus paradisi</i>	<b>91.38</b>	<b>30</b>	<b>0.55</b>	<b>38.1</b>	<b>11</b>	<b>9</b>	<b>8</b>	<b>1.2:1</b>
<b>guava</b> (Guava) <i>Psidium guajava</i>	<b>86.10</b>	<b>51</b>	<b>0.82</b>	<b>183.5</b>	<b>20</b>	<b>25</b>	<b>10</b>	<b>0.8:1</b>
<b>gutuie</b> (Quince) <i>Cydonia oblonga</i>	<b>83.80</b>	<b>57</b>	<b>0.40</b>	<b>15.0</b>	<b>11</b>	<b>17</b>	<b>8</b>	<b>0.6:1</b>
<b>kiwi</b> (Kiwi) <i>Actinidia chinensis</i>	<b>83.05</b>	<b>61</b>	<b>0.99</b>	<b>98.0</b>	<b>26</b>	<b>40</b>	<b>30</b>	<b>0.65:1</b>
<b>lamaie fara coaja</b> (Lemon without peel) <i>Citrus limon</i>	<b>88.98</b>	<b>29</b>	<b>1.10</b>	<b>53.0</b>	<b>26</b>	<b>16</b>	<b>8</b>	<b>1.6:1</b>
<b>lamaie verde</b> (Lime) <i>Citrus aurantifolia</i>	<b>88.26</b>	<b>30</b>	<b>0.70</b>	<b>29.1</b>	<b>33</b>	<b>18</b>	<b>6</b>	<b>1.8:1</b>
<b>lubenita</b> (Watermelon) <i>Citrullus lanatus</i>	<b>91.51</b>	<b>32</b>	<b>0.62</b>	<b>9.6</b>	<b>8</b>	<b>9</b>	<b>11</b>	<b>0.9:1</b>
<b>mandarina</b> (Tangerine) <i>Citrus reticulata</i>	<b>87.60</b>	<b>44</b>	<b>0.63</b>	<b>30.8</b>	<b>14</b>	<b>10</b>	<b>12</b>	<b>1.4:1</b>
<b>mango</b> (Mango) <i>Mangifera indica</i>	<b>81.71</b>	<b>65</b>	<b>0.51</b>	<b>27.7</b>	<b>10</b>	<b>11</b>	<b>9</b>	<b>0.9:1</b>
<b>mar cu coaja</b> (Apple with skin) <i>Malus sylvestris</i>	<b>83.93</b>	<b>59</b>	<b>0.19</b>	<b>5.7</b>	<b>7</b>	<b>7</b>	<b>5</b>	<b>1:1</b>
<b>mar decojit</b> (Apple without skin) <i>Malus sylvestris</i>	<b>84.46</b>	<b>57</b>	<b>0.15</b>	<b>4.0</b>	<b>4</b>	<b>7</b>	<b>3</b>	<b>0.6:1</b>
<b>mura</b> (Blackberries) <i>Rubus spp.</i>	<b>85.64</b>	<b>52</b>	<b>0.72</b>	<b>21.0</b>	<b>32</b>	<b>21</b>	<b>20</b>	<b>1.5:1</b>
<b>nectarin</b> (Nectarine) <i>Prunus persica var. nectarina</i>	<b>86.28</b>	<b>49</b>	<b>0.94</b>	<b>5.4</b>	<b>5</b>	<b>16</b>	<b>8</b>	<b>0.3:1</b>

<b>papaya</b> (Papaya) <i>Carica papaya</i>	<b>88.83</b>	<b>39</b>	<b>0.61</b>	<b>61.8</b>	<b>24</b>	<b>5</b>	<b>10</b>	<b>4.8:1</b>
<b>para</b> (Pear) <i>Pyrus communis</i>	<b>83.81</b>	<b>59</b>	<b>0.39</b>	<b>4.0</b>	<b>11</b>	<b>11</b>	<b>6</b>	<b>1:1</b>
<b>pepene cantalup</b> (Cantaloupe) <i>Cucumis melo</i>	<b>89.78</b>	<b>35</b>	<b>0.88</b>	<b>42.2</b>	<b>11</b>	<b>17</b>	<b>11</b>	<b>0.6:1</b>
<b>pepene casaba</b> (Casaba Melon) <i>Cucumis melo</i>	<b>92.00</b>	<b>26</b>	<b>0.90</b>	<b>16.0</b>	<b>5</b>	<b>7</b>	<b>8</b>	<b>0.7:1</b>
<b>pepene galben</b> (Honeydew Melon) <i>Cucumis melo</i>	<b>89.66</b>	<b>35</b>	<b>0.46</b>	<b>24.8</b>	<b>6</b>	<b>10</b>	<b>7</b>	<b>0.6:1</b>
<b>piersica</b> (Peaches) <i>Prunus persica</i>	<b>87.66</b>	<b>43</b>	<b>0.70</b>	<b>6.6</b>	<b>5</b>	<b>12</b>	<b>7</b>	<b>0.4:1</b>
<b>portocala</b> (Orange) <i>Citrus sinensis</i>	<b>86.75</b>	<b>47</b>	<b>0.94</b>	<b>53.2</b>	<b>40</b>	<b>14</b>	<b>10</b>	<b>2.9:1</b>
<b>pruna</b> (Plum) <i>Prunus spp.</i>	<b>85.20</b>	<b>55</b>	<b>0.79</b>	<b>9.5</b>	<b>4</b>	<b>10</b>	<b>7</b>	<b>0.4:1</b>
<b>strugure</b> (Grapes) <i>Vitis vinifera</i>	<b>80.56</b>	<b>71</b>	<b>0.66</b>	<b>10.8</b>	<b>11</b>	<b>13</b>	<b>6</b>	<b>0.8:1</b>
<b>zmeura</b> (Raspberries) <i>Rubus spp.</i>	<b>86.57</b>	<b>49</b>	<b>0.91</b>	<b>25.0</b>	<b>22</b>	<b>12</b>	<b>18</b>	<b>1.8:1</b>
<b>Observatie:</b> In tabel sunt prezentate valori medii. In functie de soi/varietate, momentul recoltarii./gradul de coacere, conditiile climatice, anotimp, conditiile geologice (starea solului) valorile pot fi diferite.								

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