

Quantitats de carn que contenen 1g de greix



+ info

70 g

Pit de
gall dindi



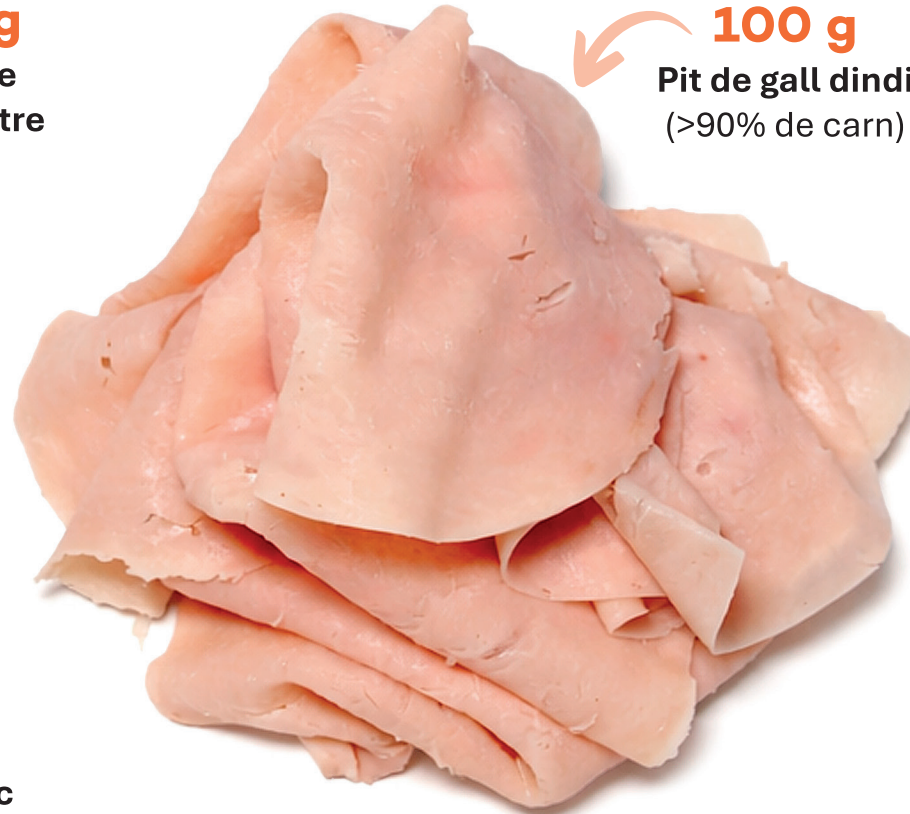
35 g

Pit de
pollastre



100 g

Pit de gall dindi
(>90% de carn)



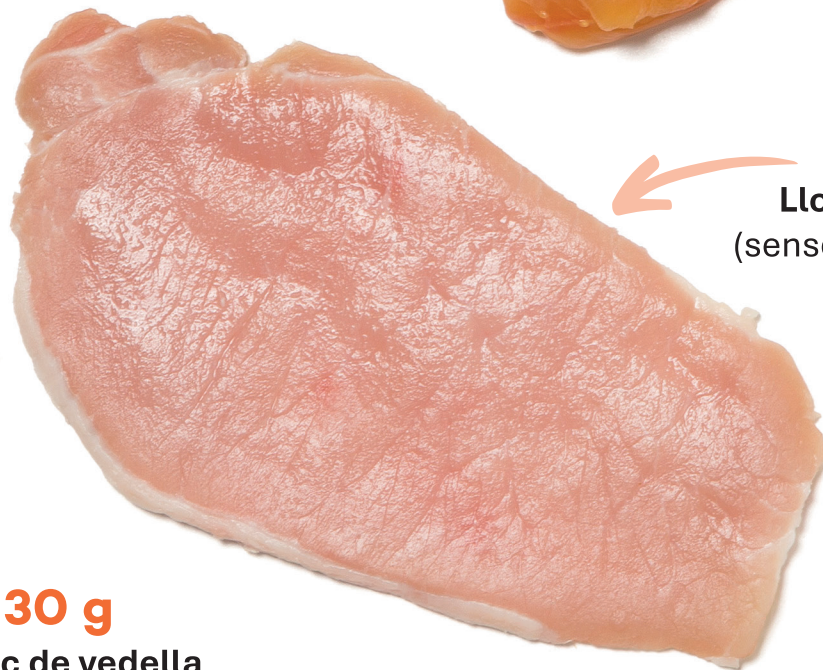
33 g

Conill
(amb os)



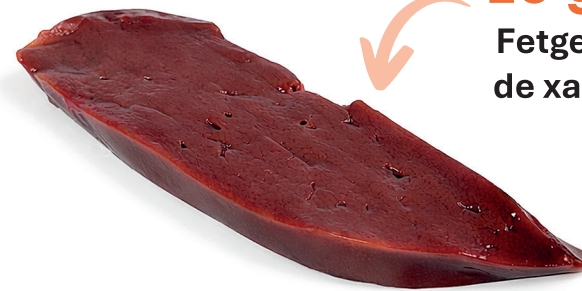
40 g

Llom de porc
(sense greix visible)



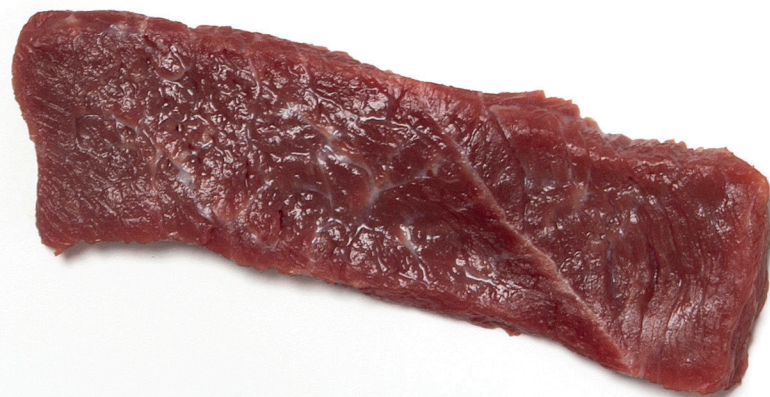
20 g

Fetge
de xai



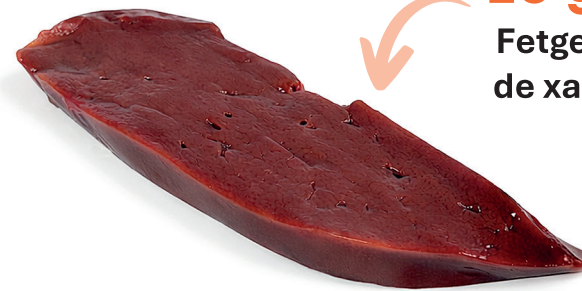
30 g

Bistec de vedella
(sense greix visible)



20 g

Fetge
de xai



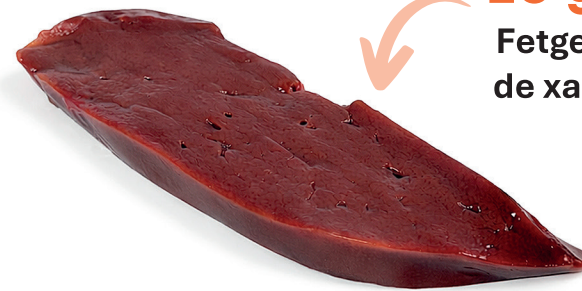
45 g

Cuixa de gall dindi
(amb os, sense pell)



20 g

Fetge
de xai



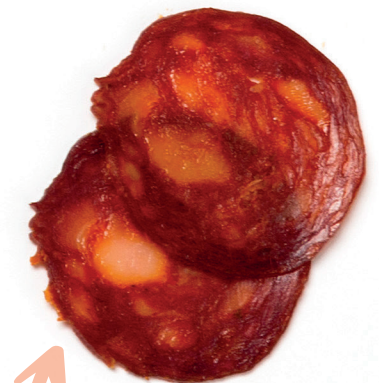
12 g

Pernil (sense
greix visible)



4 g

Xoriço
de porc



7 g

Hamburguesa
(vedella o pollastre)



alícia

Fundació
Catalunya
La Pedrera

Clínic
Barcelona