## 4 豆類

| 食品番号 | 索引番号 | 食品名 | 廃棄率 | エネルギー kcal | エネルギー kJ | 水分 | たんぱく質 | アミノ酸組成によるたんぱく質 | 脂質 | トリアシルグリセロール当量 | 脂肪酸 飽和 | 脂肪酸 一価不飽和 | 脂肪酸 多価不飽和 | コレステロール | 炭水化物 | 利用可能炭水化物（単糖当量） | 食物繊維 水溶性 | 食物繊維 不溶性 | 食物繊維 総量 | 灰分 | ナトリウム | カリウム | カルシウム | マグネシウム | リン | 鉄 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | % | kcal | kJ | (g) | (g) | (g) | (g) | (g) | (g) | (g) | (g) | mg | (g) | (g) | (g) | (g) | (g) | (g) | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) |
| | | 豆類 | | | | | | | | | | | | | | | | | | | | | | | | |
| | | あずき | | | | | | | | | | | | | | | | | | | | | | | | |
| 04001 | 251 | 全粒、乾 | 0 | 339 | 1418 | 15.5 | 20.3 | 17.0 | 2.2 | 0.9 | 0.27 | 0.07 | 0.55 | 0 | 58.7 | 46.7 | 1.2 | 16.6 | 17.8 | 3.3 | 1 | 1500 | 75 | 120 | 350 | 5.4 |
| 04002 | 252 | 全粒、ゆで | 0 | 143 | 598 | 64.8 | 8.9 | 7.5 | 1.0 | (0.4) | (0.12) | (0.03) | (0.25) | (0) | 24.2 | 19.8 | 0.8 | 11.0 | 11.8 | 1.1 | 1 | 460 | 30 | 43 | 100 | 1.7 |
| 04003 | 253 | ゆで小豆缶詰 | 0 | 218 | 912 | 45.3 | 4.4 | 3.5 | 0.4 | 0.2 | 0.07 | 0.01 | 0.14 | (0) | 49.2 | 47.7 | 0.5 | 2.9 | 3.4 | 0.7 | 90 | 160 | 13 | 36 | 80 | 1.3 |
| | | あん | | | | | | | | | | | | | | | | | | | | | | | | |
| 04004 | 254 | こしあん | 0 | 155 | 649 | 62.0 | 9.8 | 8.3 | 0.6 | (0.3) | (0.07) | (0.02) | (0.15) | (0) | 27.1 | 26.0 | 0.3 | 6.5 | 6.8 | 0.5 | 3 | 60 | 25 | 30 | 85 | 2.8 |
| 04005 | 255 | さらしあん | 0 | 385 | 1611 | 5.0 | 26.2 | 22.0 | 1.0 | (0.4) | (0.12) | (0.03) | (0.25) | (0) | 66.8 | 54.0 | 1.0 | 26.6 | 27.6 | 1.0 | 11 | 180 | 60 | 85 | 220 | 7.4 |
| 04006 | 256 | つぶしあん | 0 | 244 | 1021 | 39.3 | 5.6 | 4.8 | 0.6 | 0.3 | 0.09 | 0.02 | 0.16 | 0 | 54.0 | 54.7 | 0.5 | 5.2 | 5.7 | 0.5 | 56 | 160 | 19 | 23 | 73 | 1.5 |
| | | いんげんまめ | | | | | | | | | | | | | | | | | | | | | | | | |
| 04007 | 257 | 全粒、乾 | 0 | 333 | 1393 | 16.5 | 19.9 | 15.6 | 2.2 | 1.3 | 0.25 | 0.19 | 0.79 | (0) | 57.8 | 41.2 | 3.3 | 16.0 | 19.3 | 3.6 | 1 | 1500 | 130 | 150 | 400 | 6.0 |
| 04008 | 258 | 全粒、ゆで | 0 | 143 | 598 | 64.3 | 8.5 | (6.7) | 1.0 | (0.6) | (0.11) | (0.08) | (0.36) | (0) | 24.8 | 16.9 | 1.5 | 11.8 | 13.3 | 1.4 | Tr | 470 | 60 | 47 | 150 | 2.0 |
| 04009 | 259 | うずら豆 | 0 | 237 | 992 | 41.4 | 6.7 | 5.9 | 1.3 | 0.6 | 0.11 | 0.06 | 0.40 | (0) | 49.6 | 45.9 | 1.3 | 4.6 | 5.9 | 1.0 | 110 | 230 | 41 | 25 | 100 | 2.3 |
| 04010 | 260 | こしあん | 0 | 155 | 649 | 62.3 | 9.4 | (7.4) | 0.9 | (0.5) | (0.10) | (0.08) | (0.32) | (0) | 27.0 | - | 0.5 | 8.0 | 8.5 | 0.4 | 9 | 55 | 60 | 45 | 75 | 2.7 |
| 04011 | 261 | 豆きんとん | 0 | 249 | 1042 | 37.8 | 4.9 | (3.8) | 0.5 | (0.3) | (0.06) | (0.04) | (0.18) | (0) | 56.2 | - | 4.3 | 0.5 | 4.8 | 0.6 | 100 | 120 | 28 | 23 | 83 | 1.0 |
| (06010, 011) | (400, 401) | さやいんげん→野菜類・いんげんまめ | | | | | | | | | | | | | | | | | | | | | | | | |
| | | えんどう | | | | | | | | | | | | | | | | | | | | | | | | |
| 04012 | 262 | 全粒、青えんどう、乾 | 0 | 352 | 1473 | 13.4 | 21.7 | 17.4 | 2.3 | 1.5 | 0.27 | 0.44 | 0.68 | (0) | 60.4 | 42.7 | 1.2 | 16.2 | 17.4 | 2.2 | 1 | 870 | 65 | 120 | 360 | 5.0 |
| 04074 | 263 | 全粒、赤えんどう、乾 | 0 | 352 | 1473 | 13.4 | 21.7 | - | 2.3 | - | - | - | - | (0) | 60.4 | - | 1.2 | 16.2 | 17.4 | 2.2 | 1 | 870 | 65 | 120 | 360 | 5.0 |
| 04013 | 264 | 全粒、青えんどう、ゆで | 0 | 148 | 619 | 63.8 | 9.2 | (7.4) | 1.0 | (0.6) | (0.12) | (0.19) | (0.30) | (0) | 25.2 | 18.8 | 0.5 | 7.2 | 7.7 | 0.8 | 1 | 260 | 28 | 40 | 65 | 2.2 |
| 04075 | 265 | 全粒、赤えんどう、ゆで | 0 | 148 | 619 | 63.8 | 9.2 | - | 1.0 | - | - | - | - | (0) | 25.2 | - | 0.5 | 7.2 | 7.7 | 0.8 | 1 | 260 | 28 | 40 | 65 | 2.2 |
| 04014 | 266 | グリンピース（揚げ豆） | 0 | 423 | 1770 | 5.6 | 20.8 | (16.6) | 11.6 | 9.8 | 0.86 | 5.28 | 3.23 | (0) | 58.8 | - | 0.9 | 18.7 | 19.6 | 3.2 | 350 | 850 | 88 | 110 | 450 | 5.4 |
| 04015 | 267 | 塩豆 | 0 | 364 | 1523 | 6.3 | 23.3 | (18.6) | 2.4 | 1.7 | 0.30 | 0.55 | 0.78 | (0) | 61.5 | - | 1.1 | 16.8 | 17.9 | 6.5 | 610 | 970 | 1300 | 120 | 360 | 5.6 |
| 04016 | 268 | うぐいす豆 | 0 | 240 | 1004 | 39.7 | 5.6 | (4.5) | 0.7 | 0.3 | 0.06 | 0.11 | 0.15 | (0) | 52.9 | - | 0.7 | 4.6 | 5.3 | 1.1 | 150 | 100 | 18 | 26 | 130 | 2.5 |
| (06019～026, 06329～331) | (409～419) | えんどう類→野菜類・（えんどう類） | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ささげ | | | | | | | | | | | | | | | | | | | | | | | | |
| 04017 | 269 | 全粒、乾 | 0 | 336 | 1406 | 15.5 | 23.9 | 19.2 | 2.0 | 1.3 | 0.43 | 0.12 | 0.73 | (0) | 55.0 | 40.7 | 1.3 | 17.1 | 18.4 | 3.6 | 1 | 1400 | 75 | 170 | 400 | 5.6 |
| 04018 | 270 | 全粒、ゆで | 0 | 145 | 607 | 63.9 | 10.2 | (8.2) | 0.9 | (0.6) | (0.19) | (0.05) | (0.33) | (0) | 23.8 | 18.7 | 0.8 | 9.9 | 10.7 | 1.2 | Tr | 400 | 32 | 55 | 150 | 2.6 |
| | | そらまめ | | | | | | | | | | | | | | | | | | | | | | | | |
| 04019 | 271 | 全粒、乾 | 0 | 348 | 1456 | 13.3 | 26.0 | 20.0 | 2.0 | 1.3 | 0.24 | 0.33 | 0.65 | (0) | 55.9 | 37.6 | 1.3 | 8.0 | 9.3 | 2.8 | 1 | 1100 | 100 | 120 | 440 | 5.7 |
| 04020 | 272 | フライビーンズ | 0 | 472 | 1975 | 4.0 | 24.7 | (19.0) | 20.8 | (19.6) | (1.53) | (11.64) | (5.55) | - | 46.4 | - | 0.9 | 14.0 | 14.9 | 4.1 | 690 | 710 | 90 | 87 | 440 | 7.5 |
| 04021 | 273 | おたふく豆 | 0 | 251 | 1050 | 37.2 | 7.9 | (6.1) | 1.2 | 0.6 | 0.11 | 0.18 | 0.33 | (0) | 52.2 | - | 1.4 | 4.5 | 5.9 | 1.5 | 160 | 110 | 54 | 27 | 140 | 5.3 |
| 04022 | 274 | ふき豆 | 0 | 263 | 1100 | 34.5 | 9.6 | (7.4) | 1.6 | 1.1 | 0.18 | 0.33 | 0.56 | (0) | 52.5 | - | 0.8 | 3.7 | 4.5 | 1.8 | 320 | 110 | 39 | 20 | 150 | 2.7 |
| 04076 | 275 | しょうゆ豆 | 0 | 196 | 819 | 50.2 | 9.8 | - | 0.9 | (0.5) | (0.08) | (0.13) | (0.24) | (0) | 37.1 | - | 0.8 | 9.3 | 10.1 | 2.0 | 460 | 280 | 39 | 38 | 130 | 1.9 |
| (06124, 125) | (516, 517) | 未熟豆→野菜類・そらまめ | | | | | | | | | | | | | | | | | | | | | | | | |
| | | だいず | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ［全粒・全粒製品］ | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 全粒 | | | | | | | | | | | | | | | | | | | | | | | | |
| 04023 | 276 | 国産、黄大豆、乾 | 0 | 422 | 1765 | 12.4 | 33.8 | 32.1 | 19.7 | 18.6 | 2.59 | 4.80 | 10.39 | Tr | 29.5 | 7.0 | 1.5 | 16.4 | 17.9 | 4.7 | 1 | 1900 | 180 | 220 | 490 | 6.8 |
| 04077 | 277 | 国産、黒大豆、乾 | 0 | 414 | 1731 | 12.7 | 33.9 | 31.4 | 18.1 | 16.4 | 2.42 | 3.71 | 9.57 | (Tr) | 30.8 | 8.6 | 1.4 | 14.6 | 16.0 | 4.6 | Tr | 1800 | 190 | 200 | 510 | 5.7 |
| 04024 | 278 | 国産、黄大豆、ゆで | 0 | 176 | 738 | 65.4 | 14.8 | 13.8 | 9.8 | (9.2) | (1.28) | (2.38) | (5.15) | (Tr) | 8.4 | 1.6 | 0.9 | 5.8 | 6.6 | 1.6 | 1 | 530 | 79 | 100 | 190 | 2.2 |
| 04025 | 279 | 米国産、黄大豆、乾 | 0 | 433 | 1812 | 11.7 | 33.0 | 30.3 | 21.7 | (19.9) | (3.13) | (4.19) | (11.71) | Tr | 28.8 | 7.0 | 0.9 | 15.0 | 15.9 | 4.8 | 1 | 1800 | 230 | 230 | 480 | 8.6 |
| 04026 | 280 | 中国産、黄大豆、乾 | 0 | 422 | 1766 | 12.5 | 32.8 | 30.5 | 19.5 | (17.9) | (2.63) | (3.38) | (11.09) | Tr | 30.8 | 7.7 | 0.9 | 14.7 | 15.6 | 4.4 | 1 | 1800 | 170 | 220 | 460 | 8.9 |
| 04027 | 281 | ブラジル産、黄大豆、乾 | 0 | 451 | 1887 | 8.3 | 33.6 | (30.9) | 22.6 | 20.2 | 3.14 | 5.02 | 11.13 | (Tr) | 30.7 | 5.2 | 1.0 | 16.3 | 17.3 | 4.8 | 2 | 1800 | 250 | 250 | 580 | 9.0 |
| | | いり大豆 | | | | | | | | | | | | | | | | | | | | | | | | |
| 04078 | 282 | 黄大豆 | 0 | 439 | 1835 | 2.5 | 37.5 | 34.2 | 21.6 | 20.2 | 2.81 | 5.16 | 11.37 | (Tr) | 33.3 | 7.5 | 2.4 | 17.1 | 19.4 | 5.1 | 5 | 2000 | 160 | 240 | 710 | 7.6 |
| 04079 | 283 | 黒大豆 | 0 | 442 | 1850 | 2.4 | 36.4 | 32.9 | 22.0 | 20.3 | 2.83 | 5.87 | 10.67 | (Tr) | 34.3 | 8.8 | 2.4 | 16.9 | 19.2 | 5.0 | 4 | 2100 | 120 | 220 | 640 | 7.2 |

| 食品番号 | 亜鉛 | 銅 | マンガン | ヨウ素 | セレン | クロム | モリブデン | レチノール | A カロテン α | A カロテン β | β-クリプトキサンチン | β-カロテン当量 | レチノール活性当量 | D | E トコフェロール α | E トコフェロール β | E トコフェロール γ | E トコフェロール δ | K | $B_1$ | $B_2$ | ナイアシン | $B_6$ | $B_{12}$ | 葉酸 | パントテン酸 | ビオチン | C | 食塩相当量 | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | (mg) | (mg) | | (μg) | | | | (μg) | | | | | | | (mg) | | | | μg | (mg) | | | (μg) | | mg | μg | mg | g | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 04001 | 2.3 | 0.67 | - | 0 | 1 | 2 | 210 | (0) | - | - | - | 7 | 1 | (0) | 0.1 | 0.2 | 3.0 | 10.7 | 8 | 0.45 | 0.16 | 2.2 | 0.39 | (0) | 130 | 1.00 | 9.6 | Tr | 0 | |
| 04002 | 0.9 | 0.30 | - | 0 | Tr | 1 | 96 | (0) | - | - | - | Tr | (0) | (0) | 0.1 | 0.1 | 1.4 | 4.8 | 3 | 0.15 | 0.06 | Tr | 0.11 | (0) | 25 | 0.46 | 3.5 | Tr | 0 | |
| 04003 | 0.4 | 0.12 | 0.28 | - | - | - | - | (0) | - | - | - | 0 | (0) | (0) | 0 | 0 | 0.8 | 2.0 | 4 | 0.02 | 0.04 | 0.3 | 0.05 | (0) | 13 | 0.14 | - | Tr | 0.2 | 液汁を含む |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 04004 | 1.1 | 0.23 | - | - | - | - | - | (0) | - | - | - | 0 | (0) | (0) | 0 | 0 | 1.4 | 3.8 | 7 | 0.02 | 0.05 | 0.1 | 0 | (0) | 2 | 0.07 | - | Tr | 0 | 生こしあん |
| 04005 | 2.4 | 0.41 | - | 2 | 1 | 14 | 150 | (0) | - | - | - | (0) | (0) | (0) | 0.1 | 0 | 3.5 | 4.0 | 5 | 0.01 | 0.03 | 0.8 | 0.02 | (0) | 2 | 0.10 | 7.4 | Tr | 0 | 乾燥あん |
| 04006 | 0.7 | 0.20 | 0.40 | - | - | - | - | (0) | 0 | 0 | 0 | 0 | (0) | (0) | 0.1 | Tr | 0.9 | 1.9 | 6 | 0.02 | 0.03 | 0.1 | 0.03 | 0 | 8 | 0.18 | - | Tr | 0.1 | 試料: しょ糖添加品 |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 金時類、白金時類、手亡類、鶉類、大福、虎豆を含む |
| 04007 | 2.5 | 0.75 | 1.90 | 0 | 1 | 3 | 110 | (0) | - | - | - | 12 | 1 | (0) | 0.1 | 0 | 2.0 | 0.1 | 8 | 0.50 | 0.20 | 2.0 | 0.36 | (0) | 85 | 0.63 | 9.4 | Tr | 0 | |
| 04008 | 1.1 | 0.32 | 0.84 | 0 | Tr | Tr | 27 | (0) | - | - | - | Tr | (0) | (0) | 0 | 0 | 1.3 | 0.1 | 3 | 0.18 | 0.08 | 0.6 | 0.09 | (0) | 33 | 0.14 | 3.8 | Tr | 0 | |
| 04009 | 0.6 | 0.14 | - | - | - | - | - | (0) | - | - | - | (0) | (0) | (0) | 0 | 0 | 0.6 | 0 | 3 | 0.03 | 0.01 | 0.3 | 0.04 | (0) | 23 | 0.14 | - | Tr | 0.3 | 試料（原材料）: 金時類 。煮豆 |
| 04010 | 0.8 | 0.09 | - | - | - | - | - | (0) | - | - | - | (0) | (0) | (0) | 0 | 0 | 1.5 | 0.1 | 3 | 0.01 | 0.02 | 0 | 0 | (0) | 14 | 0.07 | - | Tr | 0 | 試料: 生こしあん |
| 04011 | 0.5 | 0.09 | 0.50 | - | - | - | - | (0) | Tr | Tr | - | Tr | (0) | (0) | 0 | Tr | 1.3 | 0.1 | 1 | 0.01 | 0.01 | 0.1 | 0.03 | (0) | 15 | 0.07 | - | Tr | 0.3 | |
| (06010, 011) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 04012 | 4.1 | 0.49 | - | 1 | 11 | 2 | 280 | (0) | 0 | 89 | 6 | 92 | 8 | (0) | 0.1 | 0 | 6.7 | 0.2 | 16 | 0.72 | 0.15 | 2.5 | 0.29 | (0) | 24 | 1.74 | 16.0 | Tr | 0 | |
| 04074 | 4.1 | 0.49 | - | 1 | 11 | 2 | 280 | (0) | 0 | 16 | 4 | 18 | 1 | (0) | 0.1 | 0 | 6.7 | 0.2 | 16 | 0.72 | 0.15 | 2.5 | 0.29 | (0) | 24 | 1.74 | 16.0 | Tr | 0 | |
| 04013 | 1.4 | 0.21 | - | 0 | 5 | 1 | 63 | (0) | 0 | 43 | 2 | 44 | 4 | (0) | 0 | 0 | 2.3 | 0.1 | 7 | 0.27 | 0.06 | 0.8 | Tr | (0) | 5 | 0.39 | 5.7 | Tr | 0 | |
| 04075 | 1.4 | 0.21 | - | 0 | 5 | 1 | 63 | (0) | 0 | 6 | 1 | 7 | 1 | (0) | 0 | 0 | 2.3 | 0.1 | 7 | 0.27 | 0.06 | 0.8 | Tr | (0) | 5 | 0.39 | 5.7 | Tr | 0 | |
| 04014 | 3.5 | 0.62 | 0.90 | - | - | - | - | (0) | - | - | - | 26 | 2 | (0) | 1.1 | 0.5 | 5.2 | 0.4 | 24 | 0.52 | 0.16 | 1.9 | 0.17 | 0 | 8 | 0.44 | - | Tr | 0.9 | |
| 04015 | 3.6 | 0.57 | 1.03 | - | - | - | - | (0) | 0 | 68 | 2 | 69 | 6 | (0) | 0.1 | 0 | 3.7 | 0.1 | 16 | 0.20 | 0.10 | 2.2 | 0.15 | (0) | 17 | 1.25 | - | Tr | 1.5 | 炭酸カルシウム使用 |
| 04016 | 0.8 | 0.15 | - | - | - | - | - | (0) | - | - | - | 6 | Tr | (0) | 0 | 0 | 2.2 | 0.1 | 8 | 0.02 | 0.01 | 0.3 | 0.04 | (0) | 4 | 0.24 | - | Tr | 0.4 | 煮豆 |
| (06019～026, 06329～331) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 04017 | 4.9 | 0.71 | - | 0 | 6 | 6 | 380 | (0) | 0 | 18 | 1 | 19 | 2 | (0) | Tr | 0 | 6.2 | 9.7 | 14 | 0.50 | 0.10 | 2.5 | 0.24 | (0) | 300 | 1.30 | 11.1 | Tr | 0 | |
| 04018 | 1.5 | 0.23 | - | 0 | 2 | 2 | 150 | (0) | 0 | 8 | 0 | 8 | 1 | (0) | 0 | 0 | 2.3 | 4.7 | 6 | 0.20 | 0.05 | 0.6 | 0.06 | (0) | 48 | 0.27 | 4.8 | Tr | 0 | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 04019 | 4.6 | 1.20 | - | 0 | 3 | 1 | 260 | (0) | 0 | 5 | 0 | 5 | Tr | (0) | 0.7 | 0 | 5.0 | 0.1 | 13 | 0.50 | 0.20 | 2.5 | 0.41 | (0) | 260 | 0.48 | 12.5 | Tr | 0 | |
| 04020 | 2.6 | 0.77 | - | - | - | - | - | (0) | - | - | - | 18 | 2 | (0) | 3.3 | 0 | 8.4 | 0.3 | 38 | 0.10 | 0.05 | 1.0 | 0.36 | (0) | 120 | 0.26 | - | Tr | 1.8 | 別名 : いかり豆。種皮付き |
| 04021 | 0.8 | 0.32 | - | - | - | - | - | (0) | - | - | - | Tr | (0) | (0) | 0.2 | 0 | 1.1 | 0 | 6 | 0.01 | 0.01 | 0.2 | 0.06 | (0) | 30 | 0.14 | - | Tr | 0.4 | 煮豆 |
| 04022 | 0.9 | 0.38 | - | - | - | - | - | (0) | - | - | - | Tr | (0) | (0) | 0.3 | 0 | 1.4 | 0 | 3 | 0.02 | 0.01 | 0.2 | 0.07 | (0) | 36 | 0.20 | - | Tr | 0.8 | 煮豆 |
| 04076 | 1.1 | 0.33 | 0.43 | - | - | - | - | (0) | (0) | 4 | (0) | 4 | Tr | (0) | 0.4 | 0 | 1.6 | 0 | 9 | 0.06 | 0.09 | 0.7 | 0.08 | (0) | 45 | 0.11 | - | 0 | 1.2 | 煮豆。調味液を除いたもの |
| (06124, 125) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 04023 | 3.1 | 1.07 | 2.51 | 0 | 5 | 3 | 350 | (0) | Tr | 7 | 1 | 7 | 1 | (0) | 2.3 | 0.9 | 13.0 | 8.6 | 18 | 0.71 | 0.26 | 2.0 | 0.51 | (0) | 260 | 1.36 | 27.5 | 3 | 0 | |
| 04077 | 3.6 | 1.01 | 2.12 | 0 | 3 | 1 | 350 | (0) | 1 | 30 | 4 | 33 | 3 | (0) | 3.1 | 1.8 | 14.0 | 10.1 | - | 0.72 | 0.28 | 2.2 | 0.50 | (0) | 380 | 0.99 | 29.7 | 4 | 0 | |
| 04024 | 1.9 | 0.23 | - | 0 | 2 | Tr | 77 | (0) | 0 | 3 | 0 | 3 | Tr | (0) | 1.6 | 0.8 | 4.2 | 3.2 | 7 | 0.17 | 0.08 | 0.4 | 0.10 | (0) | 41 | 0.26 | 9.8 | Tr | 0 | |
| 04025 | 4.5 | 0.97 | - | 2 | 28 | 1 | 300 | (0) | 0 | 7 | 0 | 7 | 1 | (0) | 1.7 | 0.4 | 15.1 | 5.6 | 34 | 0.88 | 0.30 | 2.1 | 0.46 | (0) | 220 | 1.49 | 33.6 | Tr | 0 | |
| 04026 | 3.9 | 1.01 | - | 0 | 2 | 1 | 41 | (0) | 0 | 9 | 0 | 9 | 1 | (0) | 2.1 | 0.7 | 18.5 | 8.1 | 34 | 0.84 | 0.30 | 2.2 | 0.59 | (0) | 260 | 1.64 | 32.6 | Tr | 0 | |
| 04027 | 3.5 | 1.11 | 2.54 | 0 | 1 | 1 | 660 | (0) | 0 | 15 | 0 | 15 | 1 | (0) | 4.8 | 0.7 | 20.3 | 6.4 | 36 | 0.77 | 0.29 | 2.2 | 0.45 | (0) | 220 | 1.68 | 32.9 | Tr | 0 | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 04078 | 4.2 | 1.31 | 3.24 | 1 | 5 | 5 | 290 | (0) | 1 | 5 | 2 | 7 | 1 | (0) | 2.2 | 1.1 | 14.4 | 9.8 | 38 | 0.14 | 0.26 | 2.7 | 0.39 | (0) | 260 | 0.71 | 27.4 | 1 | 0 | 有機酸: 1.8 g |
| 04079 | 3.7 | 1.06 | 2.37 | 1 | 3 | 12 | 240 | (0) | 2 | 12 | 3 | 14 | 1 | (0) | 3.1 | 1.3 | 16.3 | 10.6 | 32 | 0.12 | 0.27 | 2.5 | 0.41 | (0) | 280 | 0.68 | 26.7 | 1 | 0 | 有機酸: 1.6 g |

## 4 豆類

| 食品番号 | 索引番号 | 食品名 | 廃棄率 | エネルギー kcal | エネルギー kJ | 水分 | たんぱく質 | アミノ酸組成によるたんぱく質 | 脂質 | トリアシルグリセロール当量 | 脂肪酸 飽和 | 脂肪酸 一価不飽和 | 脂肪酸 多価不飽和 | コレステロール | 炭水化物 | 利用可能炭水化物（単糖当量） | 食物繊維 水溶性 | 食物繊維 不溶性 | 食物繊維 総量 | 灰分 | ナトリウム | カリウム | カルシウム | マグネシウム | リン | 鉄 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | % | kcal | kJ | g | g | g | g | g | g | g | g | mg | g | g | g | g | g | g | mg | mg | mg | mg | mg | mg |
| 04080 | 284 | 青大豆 | 0 | 435 | 1820 | 2.7 | 37.7 | 34.8 | 20.7 | 19.1 | 2.84 | 4.02 | 11.39 | (Tr) | 33.9 | 9.5 | 2.2 | 16.2 | 18.4 | 5.0 | 4 | 2000 | 160 | 250 | 650 | 6.7 |
| | | 水煮缶詰 | | | | | | | | | | | | | | | | | | | | | | | | |
| 04028 | 285 | 黄大豆 | 0 | 140 | 586 | 71.7 | 12.9 | 12.2 | 6.7 | (6.3) | (0.88) | (1.63) | (3.53) | (Tr) | 7.7 | 0.9 | 0.4 | 6.4 | 6.8 | 1.0 | 210 | 250 | 100 | 55 | 170 | 1.8 |
| | | 蒸し大豆 | | | | | | | | | | | | | | | | | | | | | | | | |
| 04081 | 286 | 黄大豆 | 0 | 205 | 858 | 57.4 | 16.6 | (15.7) | 9.8 | (9.2) | (1.28) | (2.38) | (5.15) | 0 | 13.8 | - | 2.3 | 6.5 | 8.8 | 2.4 | 230 | 810 | 75 | 110 | 290 | 2.8 |
| | | きな粉 | | | | | | | | | | | | | | | | | | | | | | | | |
| 04029 | 287 | 全粒大豆、黄大豆 | 0 | 450 | 1883 | 4.0 | 36.7 | 33.6 | 25.7 | 24.7 | 3.59 | 5.92 | 14.08 | (Tr) | 28.5 | 7.1 | 2.7 | 15.4 | 18.1 | 5.1 | 1 | 2000 | 190 | 260 | 660 | 8.0 |
| 04082 | 288 | 全粒大豆、青大豆 | 0 | 431 | 1802 | 5.9 | 37.0 | 34.1 | 22.8 | 20.9 | 3.21 | 4.17 | 12.59 | (Tr) | 29.3 | 8.7 | 1.9 | 15.0 | 16.9 | 5.0 | 1 | 2000 | 160 | 240 | 690 | 7.9 |
| 04030 | 289 | 脱皮大豆、黄大豆 | 0 | 451 | 1889 | 2.6 | 37.5 | 33.9 | 25.1 | 23.7 | 3.43 | 5.61 | 13.61 | (Tr) | 29.5 | 6.8 | 2.4 | 12.9 | 15.3 | 5.4 | 2 | 2000 | 180 | 250 | 680 | 6.2 |
| 04083 | 290 | 大豆はいが | 0 | 442 | 1848 | 3.9 | 37.8 | - | 14.7 | - | - | - | - | (0) | 39.5 | - | 2.8 | 16.0 | 18.8 | 4.1 | 0 | 1400 | 100 | 200 | 720 | 11.7 |
| 04031 | 291 | ぶどう豆 | 0 | 289 | 1209 | 36.0 | 14.1 | 13.2 | 9.4 | (8.9) | (1.23) | (2.29) | (4.95) | (Tr) | 37.0 | 31.5 | 1.3 | 5.0 | 6.3 | 3.5 | 620 | 330 | 80 | 60 | 200 | 4.2 |
| (06015～017) | (405～407) | えだまめ→野菜類・えだまめ | | | | | | | | | | | | | | | | | | | | | | | | |
| (06287, 288) | (709, 710) | もやし→野菜類・(もやし類) | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ［豆腐・油揚げ類］ | | | | | | | | | | | | | | | | | | | | | | | | |
| 04032 | 292 | 木綿豆腐 | 0 | 72 | 301 | 86.8 | 6.6 | 6.2 | 4.2 | 3.8 | 0.68 | 0.78 | 2.21 | 0 | 1.6 | 0.7 | 0.1 | 0.3 | 0.4 | 0.8 | 59 | 140 | 86 | 130 | 110 | 0.9 |
| 04033 | 293 | 絹ごし豆腐 | 0 | 56 | 234 | 89.4 | 4.9 | 4.8 | 3.0 | (2.7) | (0.48) | (0.56) | (1.58) | (0) | 2.0 | 0.9 | 0.1 | 0.2 | 0.3 | 0.7 | 14 | 150 | 57 | 55 | 81 | 0.8 |
| 04034 | 294 | ソフト豆腐 | 0 | 59 | 247 | 88.9 | 5.1 | 4.9 | 3.3 | (3.0) | (0.53) | (0.61) | (1.74) | (0) | 2.0 | 0.4 | 0.2 | 0.2 | 0.4 | 0.7 | 7 | 150 | 91 | 32 | 82 | 0.7 |
| 04035 | 295 | 充てん豆腐 | 0 | 59 | 247 | 88.6 | 5.0 | 5.0 | 3.1 | (2.8) | (0.50) | (0.58) | (1.63) | (0) | 2.5 | 0.8 | 0.2 | 0.1 | 0.3 | 0.8 | 10 | 200 | 31 | 68 | 83 | 0.8 |
| 04036 | 296 | 沖縄豆腐 | 0 | 106 | 444 | 81.8 | 9.1 | (8.6) | 7.2 | (6.6) | (1.16) | (1.34) | (3.80) | (0) | 0.7 | (1.0) | 0.2 | 0.3 | 0.5 | 1.2 | 170 | 180 | 120 | 66 | 130 | 1.7 |
| 04037 | 297 | ゆし豆腐 | 0 | 50 | 209 | 90.0 | 4.3 | (4.1) | 2.8 | (2.6) | (0.45) | (0.52) | (1.48) | (0) | 1.7 | (0.6) | 0.2 | 0.1 | 0.3 | 1.2 | 240 | 210 | 36 | 43 | 71 | 0.7 |
| 04038 | 298 | 焼き豆腐 | 0 | 88 | 368 | 84.8 | 7.8 | 7.7 | 5.7 | (5.2) | (0.92) | (1.06) | (3.00) | (0) | 1.0 | 0.7 | 0.1 | 0.4 | 0.5 | 0.7 | 4 | 90 | 150 | 37 | 110 | 1.6 |
| 04039 | 299 | 生揚げ | 0 | 150 | 628 | 75.9 | 10.7 | 10.1 | 11.3 | (10.7) | (1.61) | (3.07) | (5.51) | Tr | 0.9 | 1.2 | 0.2 | 0.5 | 0.7 | 1.2 | 3 | 120 | 240 | 55 | 150 | 2.6 |
| | | 油揚げ | | | | | | | | | | | | | | | | | | | | | | | | |
| 04040 | 300 | 生 | 0 | 410 | 1715 | 39.9 | 23.4 | 22.4 | 34.4 | 31.2 | 3.89 | 12.44 | 13.56 | (Tr) | 0.4 | 0.5 | 0.5 | 0.8 | 1.3 | 1.9 | 4 | 86 | 310 | 150 | 350 | 3.2 |
| 04084 | 301 | 油抜き、生 | 0 | 288 | 1203 | 56.9 | 18.2 | 17.5 | 23.4 | 21.3 | 2.74 | 8.07 | 9.60 | (Tr) | Tr | 0.3 | 0.4 | 0.5 | 0.9 | 1.4 | 2 | 51 | 230 | 110 | 280 | 2.5 |
| 04085 | 302 | 油抜き、焼き | 0 | 398 | 1664 | 40.2 | 24.9 | 24.1 | 32.2 | 28.8 | 3.73 | 10.77 | 13.01 | (Tr) | 0.7 | 0.4 | 0.5 | 0.7 | 1.2 | 2.0 | 4 | 74 | 320 | 150 | 380 | 3.4 |
| 04086 | 303 | 油抜き、ゆで | 0 | 177 | 742 | 72.6 | 12.4 | 12.0 | 13.8 | 12.5 | 1.68 | 4.34 | 5.98 | (Tr) | 0.3 | 0.1 | 0.2 | 0.4 | 0.6 | 0.9 | Tr | 12 | 140 | 59 | 180 | 1.6 |
| 04041 | 304 | がんもどき | 0 | 228 | 954 | 63.5 | 15.3 | 14.9 | 17.8 | (16.8) | (2.49) | (5.02) | (8.52) | Tr | 1.6 | 2.2 | 0.6 | 0.8 | 1.4 | 1.8 | 190 | 80 | 270 | 98 | 200 | 3.6 |
| | | 凍り豆腐 | | | | | | | | | | | | | | | | | | | | | | | | |
| 04042 | 305 | 乾 | 0 | 536 | 2241 | 7.2 | 50.5 | 48.6 | 34.1 | 32.3 | 5.22 | 7.38 | 18.32 | (0) | 4.2 | 0.2 | 0.5 | 1.9 | 2.5 | 4.0 | 440 | 34 | 630 | 140 | 820 | 7.5 |
| 04087 | 306 | 水煮 | 0 | 115 | 480 | 79.6 | 10.7 | 10.5 | 7.3 | 6.7 | 1.07 | 1.53 | 3.76 | (0) | 1.1 | 0.1 | 0.2 | 0.4 | 0.5 | 1.3 | 260 | 3 | 150 | 29 | 180 | 1.7 |
| 04043 | 307 | 豆腐よう | 0 | 189 | 791 | 60.6 | 9.5 | - | 8.3 | 7.5 | 1.17 | 1.59 | 4.39 | (0) | 19.1 | - | 0.3 | 0.5 | 0.8 | 2.5 | 760 | 38 | 160 | 52 | 190 | 1.7 |
| | | 豆腐竹輪 | | | | | | | | | | | | | | | | | | | | | | | | |
| 04044 | 308 | 蒸し | 0 | 126 | 527 | 71.6 | 14.9 | - | 4.4 | 3.7 | 0.62 | 0.73 | 2.17 | 12 | 6.7 | - | 0.2 | 0.6 | 0.8 | 2.4 | 740 | 140 | 70 | 65 | 150 | 2.0 |
| 04045 | 309 | 焼き | 0 | 139 | 582 | 68.8 | 16.1 | - | 4.9 | 4.1 | 0.69 | 0.82 | 2.39 | 13 | 7.5 | - | 0.2 | 0.5 | 0.7 | 2.7 | 900 | 150 | 100 | 73 | 170 | 2.3 |
| 04088 | 310 | ろくじょう豆腐 | 0 | 347 | 1453 | 26.5 | 34.7 | (32.7) | 21.5 | (19.6) | (3.46) | (4.00) | (11.33) | (0) | 3.8 | - | 0.9 | 2.3 | 3.2 | 13.5 | 4300 | 430 | 660 | 110 | 590 | 6.1 |
| | | ［納豆類］ | | | | | | | | | | | | | | | | | | | | | | | | |
| 04046 | 311 | 糸引き納豆 | 0 | 200 | 837 | 59.5 | 16.5 | 14.2 | 10.0 | (9.7) | (1.45) | (2.21) | (5.65) | Tr | 12.1 | 0.3 | 2.3 | 4.4 | 6.7 | 1.9 | 2 | 660 | 90 | 100 | 190 | 3.3 |
| 04047 | 312 | 挽きわり納豆 | 0 | 194 | 812 | 60.9 | 16.6 | 14.8 | 10.0 | (9.7) | (1.45) | (2.21) | (5.65) | (0) | 10.5 | 0.2 | 2.0 | 3.9 | 5.9 | 2.0 | 2 | 700 | 59 | 88 | 250 | 2.6 |
| 04048 | 313 | 五斗納豆 | 0 | 227 | 950 | 45.8 | 15.3 | - | 8.1 | 6.9 | 1.13 | 1.22 | 4.26 | (0) | 24.0 | - | 2.0 | 2.9 | 4.9 | 6.8 | 2300 | 430 | 49 | 61 | 190 | 2.2 |
| 04049 | 314 | 寺納豆 | 0 | 271 | 1134 | 24.4 | 18.6 | - | 8.1 | 6.1 | 1.01 | 1.10 | 3.70 | (0) | 31.5 | - | 1.6 | 6.0 | 7.6 | 17.4 | 5600 | 1000 | 110 | 140 | 330 | 5.9 |
| (17044～050, 17119～124) | (2125～137) | ［みそ類］→調味料及び香辛料類・(みそ類) | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ［その他］ | | | | | | | | | | | | | | | | | | | | | | | | |
| | | おから | | | | | | | | | | | | | | | | | | | | | | | | |
| 04051 | 315 | 生 | 0 | 111 | 464 | 75.5 | 6.1 | 5.3 | 3.6 | (3.4) | (0.51) | (0.67) | (2.03) | (0) | 13.8 | 0.6 | 0.4 | 11.1 | 11.5 | 1.0 | 5 | 350 | 81 | 40 | 99 | 1.3 |
| 04089 | 316 | 乾燥 | 0 | 421 | 1761 | 7.1 | 23.1 | (20.2) | 13.6 | (12.7) | (1.94) | (2.55) | (7.68) | (0) | 52.3 | (2.2) | 1.5 | 42.1 | 43.6 | 3.8 | 19 | 1300 | 310 | 150 | 380 | 4.9 |

| 食品番号 | 亜鉛 | 銅 | マンガン | ヨウ素 | セレン | クロム | モリブデン | ビタミン A レチノール | A カロテン α | A カロテン β | A β-クリプトキサンチン | A β-カロテン当量 | A レチノール活性当量 | D | E トコフェロール α | E トコフェロール β | E トコフェロール γ | E トコフェロール δ | K | $B_1$ | $B_2$ | ナイアシン | $B_6$ | $B_{12}$ | 葉酸 | パントテン酸 | ビオチン | C | 食塩相当量 | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | mg | mg | mg | μg | μg | μg | μg | μg | μg | μg | μg | μg | μg | μg | mg | mg | mg | mg | μg | mg | mg | mg | mg | μg | μg | mg | μg | mg | g | |
| 04080 | 4.2 | 1.29 | 2.90 | 1 | 5 | 2 | 800 | (0) | 1 | 9 | 2 | 10 | 1 | (0) | 1.3 | 0.5 | 17.2 | 11.4 | 38 | 0.15 | 0.27 | 2.2 | 0.45 | (0) | 250 | 0.57 | 25.0 | 1 | 0 | 有機酸: 1.8 g |
| 04028 | 1.1 | 0.28 | 0.84 | - | - | - | - | (0) | 0 | 0 | 0 | 0 | (0) | (0) | 0.5 | 0.3 | 6.2 | 5.6 | 5 | 0.01 | 0.02 | 0.1 | 0.01 | (0) | 11 | 0 | - | Tr | 0.5 | 液汁を除いたもの |
| 04081 | 1.8 | 0.51 | 1.33 | - | - | - | - | 0 | 0 | 2 | 1 | 3 | Tr | 0 | 0.8 | 0.3 | 8.0 | 5.3 | 11 | 0.15 | 0.10 | 0.9 | 0.18 | 0 | 96 | 0.34 | - | 0 | 0.6 | 試料: レトルト製品 |
| 04029 | 4.1 | 1.12 | 2.75 | Tr | 5 | 12 | 380 | (0) | 0 | 3 | 1 | 4 | Tr | (0) | 1.7 | 1.2 | 11.5 | 8.6 | 27 | 0.07 | 0.24 | 2.2 | 0.52 | (0) | 220 | 1.01 | 31.0 | 1 | 0 | |
| 04082 | 4.5 | 1.32 | 2.76 | 1 | 3 | 5 | 450 | (0) | 4 | 50 | 3 | 53 | 4 | (0) | 2.4 | 0.7 | 15.4 | 9.0 | 57 | 0.29 | 0.29 | 2.2 | 0.51 | (0) | 250 | 0.91 | 28.9 | 1 | 0 | 有機酸: 1.8 g |
| 04030 | 4.0 | 1.23 | 2.32 | Tr | 5 | 7 | 370 | (0) | Tr | 6 | 1 | 6 | 1 | (0) | 1.9 | 0.8 | 15.5 | 8.6 | 42 | 0.07 | 0.22 | 2.1 | 0.30 | (0) | 250 | 0.74 | 32.9 | 0 | 0 | |
| 04083 | 6.0 | 1.13 | 2.86 | - | - | - | - | (0) | (0) | 19 | (0) | 19 | 2 | (0) | 18.5 | 1.3 | 10.3 | 1.6 | 190 | 0.03 | 0.73 | 3.4 | 0.56 | (0) | 460 | 0.59 | - | 0 | 0 | |
| 04031 | 1.1 | 0.39 | - | - | - | - | - | (0) | - | - | - | (0) | (0) | (0) | 2.4 | 1.4 | 6.3 | 4.2 | 10 | 0.09 | 0.05 | 0.4 | 0.07 | (0) | 48 | 0.28 | - | Tr | 1.6 | 煮豆 |
| 04032 | 0.6 | 0.15 | 0.38 | 5 | 4 | 2 | 41 | (0) | - | - | - | 0 | (0) | (0) | 0.2 | 0.1 | 3.1 | 1.3 | 13 | 0.07 | 0.03 | 0.1 | 0.05 | (0) | 12 | 0.02 | 3.8 | Tr | 0.1 | |
| 04033 | 0.5 | 0.15 | 0.31 | - | - | - | - | (0) | - | - | - | 0 | (0) | (0) | 0.1 | Tr | 2.1 | 0.9 | 12 | 0.10 | 0.04 | 0.2 | 0.06 | (0) | 11 | 0.09 | - | Tr | 0 | |
| 04034 | 0.5 | 0.16 | 0.33 | - | - | - | - | (0) | - | - | - | (0) | (0) | (0) | 0.1 | 0.1 | 2.2 | 1.0 | 10 | 0.07 | 0.03 | 0.1 | 0.07 | (0) | 10 | 0.10 | - | Tr | 0 | |
| 04035 | 0.6 | 0.18 | 0.43 | - | - | - | - | (0) | - | - | - | 0 | (0) | (0) | 0.3 | 0.1 | 2.4 | 0.8 | 11 | 0.15 | 0.05 | 0.3 | 0.09 | (0) | 23 | 0.12 | - | Tr | 0 | |
| 04036 | 1.0 | 0.19 | 0.93 | - | - | - | - | (0) | - | - | - | (0) | (0) | (0) | 0.4 | 0.1 | 4.8 | 1.8 | 16 | 0.10 | 0.04 | 0.2 | 0.06 | (0) | 14 | Tr | - | Tr | 0.4 | 別名: 島豆腐 |
| 04037 | 0.5 | 0.14 | 0.30 | - | - | - | - | (0) | - | - | - | 0 | (0) | (0) | 0.1 | 0.1 | 2.0 | 1.2 | 9 | 0.10 | 0.04 | 0.2 | 0.07 | 0 | 13 | 0.20 | - | Tr | 0.6 | |
| 04038 | 0.8 | 0.16 | 0.60 | - | - | - | - | (0) | - | - | - | (0) | (0) | (0) | 0.2 | 0.1 | 3.5 | 1.5 | 14 | 0.07 | 0.03 | 0.1 | 0.05 | (0) | 12 | 0.06 | - | Tr | 0 | |
| 04039 | 1.1 | 0.22 | 0.85 | - | - | - | - | (0) | - | - | - | (0) | (0) | (0) | 0.8 | 0.1 | 5.6 | 2.0 | 25 | 0.07 | 0.03 | 0.1 | 0.08 | (0) | 23 | 0.17 | - | Tr | 0 | 別名: 厚揚げ |
| 04040 | 2.5 | 0.22 | 1.55 | 1 | 8 | 5 | 97 | (0) | - | - | - | (0) | (0) | (0) | 1.3 | 0.2 | 12.0 | 5.6 | 67 | 0.06 | 0.04 | 0.2 | 0.07 | (0) | 18 | 0.07 | 7.1 | 0 | 0 | |
| 04084 | 2.1 | 0.16 | 1.22 | Tr | 6 | 4 | 68 | (0) | - | - | - | (0) | (0) | (0) | 0.9 | 0.2 | 9.6 | 4.5 | 48 | 0.04 | 0.02 | 0.1 | 0.04 | (0) | 12 | 0.04 | 4.8 | 0 | 0 | |
| 04085 | 2.7 | 0.22 | 1.65 | Tr | 8 | 6 | 92 | (0) | - | - | - | (0) | (0) | (0) | 1.1 | 0.3 | 12.4 | 5.8 | 65 | 0.04 | 0.03 | 0.2 | 0.06 | (0) | 14 | 0.04 | 6.8 | 0 | 0 | |
| 04086 | 1.4 | 0.07 | 0.73 | 0 | 4 | 3 | 22 | (0) | - | - | - | (0) | (0) | (0) | 0.5 | 0.1 | 5.0 | 2.4 | 26 | 0.01 | 0.01 | 0 | 0.01 | (0) | 3 | 0.02 | 3.3 | 0 | 0 | |
| 04041 | 1.6 | 0.22 | 1.30 | 32 | 4 | 8 | 60 | (0) | - | - | - | (0) | (0) | (0) | 1.5 | 0.2 | 8.1 | 2.5 | 43 | 0.03 | 0.04 | 0.2 | 0.08 | (0) | 21 | 0.20 | 7.6 | Tr | 0.5 | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 別名: 高野豆腐 |
| 04042 | 5.2 | 0.57 | 4.32 | 1 | 19 | 5 | 67 | (0) | 1 | 7 | 3 | 9 | 1 | (0) | 1.9 | 0.8 | 20.4 | 10.6 | 60 | 0.02 | 0.02 | Tr | 0.02 | 0.1 | 6 | 0.10 | 21.4 | 0 | 1.1 | 試料: 炭酸水素ナトリウム処理製品 |
| 04087 | 1.2 | 0.09 | 1.02 | Tr | 5 | 1 | 3 | (0) | 0 | 1 | 1 | 2 | Tr | (0) | 0.3 | 0.2 | 4.0 | 2.2 | 13 | 0 | 0 | 0 | 0 | (0) | 0 | 0.02 | 3.1 | 0 | 0.7 | 湯戻し後、煮たもの |
| 04043 | 1.7 | 0.22 | 1.70 | 1 | 4 | 3 | 45 | (0) | - | - | - | 2 | Tr | (0) | 0.6 | 0.2 | 7.0 | 3.1 | 18 | 0.02 | 0.07 | 0.5 | 0.05 | Tr | 7 | 0.40 | 4.2 | Tr | 1.9 | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 原材料配合割合: 豆腐2、すり身1 |
| 04044 | 1.0 | 0.13 | 0.58 | 63 | 14 | 4 | 43 | 3 | - | - | - | (0) | 3 | (0) | 0.4 | 0.1 | 2.8 | 0.5 | 12 | 0.12 | 0.08 | 0.5 | 0.04 | 0.6 | 11 | 0.17 | 4.2 | Tr | 1.9 | |
| 04045 | 1.0 | 0.14 | 0.61 | - | - | - | - | (0) | - | - | - | (0) | (0) | (0) | 0.4 | 0.1 | 3.0 | 0.6 | 10 | 0.13 | 0.08 | 0.5 | 0.04 | 0.8 | 17 | 0.21 | - | Tr | 2.3 | |
| 04088 | 4.6 | 0.73 | 3.83 | - | - | - | - | (0) | (0) | 3 | (0) | 3 | Tr | (0) | 2.5 | 0.5 | 15.1 | 5.1 | 41 | 0.10 | 0.06 | 0.5 | 0.11 | (0) | 23 | 0.14 | - | 0 | 11.0 | |
| 04046 | 1.9 | 0.61 | - | Tr | 16 | 1 | 290 | (0) | - | - | - | 0 | (0) | (0) | 0.5 | 0.2 | 5.9 | 3.3 | 600 | 0.07 | 0.56 | 1.1 | 0.24 | Tr | 120 | 3.60 | 18.2 | Tr | 0 | ビタミンK: メナキノン-7を含む |
| 04047 | 1.3 | 0.43 | 1.00 | - | - | - | - | (0) | 0 | 0 | 0 | 0 | (0) | (0) | 0.8 | 0.3 | 9.0 | 5.4 | 930 | 0.14 | 0.36 | 0.9 | 0.29 | 0 | 110 | 4.28 | - | Tr | 0 | ビタミンK: メナキノン-7を含む |
| 04048 | 1.1 | 0.31 | 0.75 | 1 | 8 | 2 | 75 | (0) | - | - | - | (0) | (0) | (0) | 0.6 | 0.2 | 6.2 | 1.7 | 590 | 0.08 | 0.35 | 1.1 | 0.19 | - | 110 | 2.90 | 14.7 | Tr | 5.8 | 別名: こうじ納豆<br>ビタミンK: メナキノン-7を含む |
| 04049 | 3.8 | 0.80 | 1.70 | 1 | 14 | 2 | 110 | (0) | - | - | - | (0) | (0) | (0) | 0.9 | 0.3 | 7.6 | 2.6 | 190 | 0.04 | 0.35 | 4.1 | 0.17 | - | 39 | 0.81 | 19.1 | Tr | 14.2 | 別名: 塩辛納豆、浜納豆<br>ビタミンK: メナキノン-7を含む |
| 04051 | 0.6 | 0.14 | 0.40 | 1 | 1 | 1 | 45 | (0) | 0 | 0 | 0 | 0 | (0) | (0) | 0.4 | 0.1 | 2.8 | 0.4 | 8 | 0.11 | 0.03 | 0.2 | 0.06 | (0) | 14 | 0.31 | 4.1 | Tr | 0 | |
| 04089 | 2.3 | 0.53 | 1.52 | 4 | 4 | 4 | 170 | (0) | 0 | 0 | 0 | 0 | (0) | (0) | 1.5 | 0.4 | 10.6 | 1.5 | 30 | 0.42 | 0.11 | 0.8 | 0.23 | (0) | 53 | 1.18 | 15.5 | Tr | 0 | |

## 4 豆類

| 食品番号 | 索引番号 | 食品名 | 廃棄率 | エネルギー kcal | エネルギー kJ | 水分 | たんぱく質 | アミノ酸組成によるたんぱく質 | 脂質 | トリアシルグリセロール当量 | 脂肪酸 飽和 | 脂肪酸 一価不飽和 | 脂肪酸 多価不飽和 | コレステロール | 炭水化物 | 利用可能炭水化物（単糖当量） | 食物繊維 水溶性 | 食物繊維 不溶性 | 食物繊維 総量 | 灰分 | ナトリウム | カリウム | カルシウム | マグネシウム | リン | 鉄 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | % | kcal | kJ | (g) | (g) | (g) | (g) | (g) | (g) | (g) | (g) | mg | (g) | (g) | (g) | (g) | (g) | (g) | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) |
| | | 豆乳 | | | | | | | | | | | | | | | | | | | | | | | | |
| 04052 | 317 | 豆乳 | 0 | 46 | 192 | 90.8 | 3.6 | 3.3 | 2.0 | (1.8) | (0.32) | (0.37) | (1.05) | (0) | 3.1 | 1.0 | 0.2 | 0 | 0.2 | 0.5 | 2 | 190 | 15 | 25 | 49 | 1.2 |
| 04053 | 318 | 調製豆乳 | 0 | 64 | 268 | 87.9 | 3.2 | 3.1 | 3.6 | 3.4 | 0.50 | 0.75 | 1.99 | (0) | 4.8 | 1.9 | 0.2 | 0.1 | 0.3 | 0.5 | 50 | 170 | 31 | 19 | 44 | 1.2 |
| 04054 | 319 | 豆乳飲料・麦芽コーヒー | 0 | 60 | 251 | 87.4 | 2.2 | 2.0 | 2.2 | 2.1 | 0.33 | 0.44 | 1.20 | 0 | 7.8 | 4.3 | 0.1 | 0 | 0.1 | 0.4 | 42 | 110 | 20 | 13 | 36 | 0.3 |
| | | 大豆たんぱく | | | | | | | | | | | | | | | | | | | | | | | | |
| 04055 | 320 | 粒状大豆たんぱく | 0 | 360 | 1506 | 7.8 | 46.3 | (44.1) | 3.0 | 1.9 | 0.38 | 0.29 | 1.16 | (0) | 36.7 | - | 5.9 | 11.9 | 17.8 | 6.2 | 3 | 2400 | 270 | 290 | 730 | 7.7 |
| 04056 | 321 | 濃縮大豆たんぱく | 0 | 361 | 1510 | 6.8 | 58.2 | (55.4) | 1.7 | 0.7 | 0.21 | 0.09 | 0.39 | (0) | 27.9 | - | 1.4 | 19.5 | 20.9 | 5.4 | 550 | 1300 | 280 | 220 | 750 | 9.2 |
| | | 分離大豆たんぱく | | | | | | | | | | | | | | | | | | | | | | | | |
| 04057 | 322 | 塩分無調整タイプ | 0 | 388 | 1623 | 5.9 | 79.1 | 75.3 | 3.0 | 1.6 | 0.41 | 0.19 | 0.96 | (0) | 7.5 | 1.1 | 0 | 4.2 | 4.2 | 4.5 | 1300 | 190 | 57 | 58 | 840 | 9.4 |
| 04090 | 323 | 塩分調整タイプ | 0 | 388 | 1623 | 5.9 | 79.1 | - | 3.0 | - | - | - | - | (0) | 7.5 | - | 0 | 4.2 | 4.2 | 4.5 | 640 | 260 | 890 | 58 | 840 | 9.4 |
| 04058 | 324 | 繊維状大豆たんぱく | 0 | 383 | 1602 | 5.8 | 59.3 | (56.5) | 5.0 | 3.6 | 0.72 | 0.69 | 2.07 | (0) | 25.2 | - | 0.5 | 5.1 | 5.6 | 4.7 | 1400 | 270 | 70 | 55 | 630 | 8.2 |
| | | 湯葉 | | | | | | | | | | | | | | | | | | | | | | | | |
| 04059 | 325 | 生 | 0 | 231 | 967 | 59.1 | 21.8 | 20.9 | 13.7 | 12.3 | 1.90 | 2.80 | 7.06 | (0) | 4.1 | 1.1 | 0.2 | 0.6 | 0.8 | 1.3 | 4 | 290 | 90 | 80 | 250 | 3.6 |
| 04060 | 326 | 干し、乾 | 0 | 530 | 2217 | 6.9 | 50.4 | 48.6 | 32.1 | 30.0 | 4.98 | 7.50 | 16.26 | (0) | 7.2 | 2.7 | 0.6 | 2.4 | 3.0 | 3.3 | 12 | 840 | 210 | 220 | 600 | 8.3 |
| 04091 | 327 | 干し、湯戻し | 0 | 161 | 674 | 72.8 | 15.7 | 14.9 | 10.6 | 9.6 | 1.60 | 2.37 | 5.22 | (0) | 0.1 | 0.4 | 0.3 | 0.9 | 1.2 | 0.9 | 2 | 140 | 66 | 60 | 170 | 2.6 |
| 04061 | 328 | 金山寺みそ | 0 | 256 | 1071 | 34.3 | 6.9 | - | 3.2 | 2.6 | 0.54 | 0.47 | 1.51 | (0) | 50.0 | - | 0.2 | 3.0 | 3.2 | 5.6 | 2000 | 190 | 33 | 54 | 130 | 1.7 |
| 04062 | 329 | ひしおみそ | 0 | 206 | 862 | 46.3 | 6.5 | - | 2.7 | 2.2 | 0.36 | 0.51 | 1.27 | (0) | 38.8 | - | 0.9 | 1.9 | 2.8 | 5.7 | 1900 | 340 | 56 | 56 | 120 | 1.9 |
| 04063 | 330 | テンペ | 0 | 202 | 845 | 57.8 | 15.8 | (13.1) | 9.0 | 7.8 | 1.20 | 1.61 | 4.69 | (0) | 15.4 | - | 2.1 | 8.1 | 10.2 | 2.0 | 2 | 730 | 70 | 95 | 250 | 2.4 |
| | | つるあずき | | | | | | | | | | | | | | | | | | | | | | | | |
| 04064 | 331 | 全粒、乾 | 0 | 348 | 1455 | 12.0 | 20.8 | (17.4) | 1.6 | 1.0 | 0.32 | 0.10 | 0.55 | (0) | 61.8 | 39.6 | 1.3 | 20.7 | 22.0 | 3.9 | 1 | 1400 | 280 | 230 | 320 | 11.4 |
| 04092 | 332 | 全粒、ゆで | 0 | 159 | 664 | 60.5 | 9.7 | (8.2) | 1.0 | (0.6) | (0.19) | (0.06) | (0.33) | (0) | 27.5 | (18.0) | 0.6 | 12.8 | 13.4 | 1.3 | 0 | 370 | 130 | 77 | 120 | 3.3 |
| | | ひよこまめ | | | | | | | | | | | | | | | | | | | | | | | | |
| 04065 | 333 | 全粒、乾 | 0 | 374 | 1565 | 10.4 | 20.0 | (16.7) | 5.2 | 4.3 | 0.56 | 1.48 | 2.04 | (0) | 61.5 | 41.3 | 1.2 | 15.1 | 16.3 | 2.9 | 17 | 1200 | 100 | 140 | 270 | 2.6 |
| 04066 | 334 | 全粒、ゆで | 0 | 171 | 715 | 59.6 | 9.5 | (8.0) | 2.5 | 2.1 | 0.28 | 0.72 | 1.00 | (0) | 27.4 | 20.0 | 0.5 | 11.1 | 11.6 | 1.0 | 5 | 350 | 45 | 51 | 120 | 1.2 |
| 04067 | 335 | 全粒、フライ、味付け | 0 | 419 | 1753 | 4.6 | 18.8 | (15.7) | 10.4 | 8.1 | 1.24 | 3.19 | 3.28 | (0) | 62.6 | (44.8) | 1.1 | 19.9 | 21.0 | 3.6 | 700 | 690 | 73 | 110 | 370 | 4.2 |
| | | べにばないんげん | | | | | | | | | | | | | | | | | | | | | | | | |
| 04068 | 336 | 全粒、乾 | 0 | 332 | 1389 | 15.4 | 17.2 | (13.5) | 1.7 | 1.2 | 0.21 | 0.11 | 0.85 | (0) | 61.2 | 36.2 | 1.2 | 25.5 | 26.7 | 4.5 | 1 | 1700 | 78 | 190 | 430 | 5.4 |
| 04069 | 337 | 全粒、ゆで | 0 | 121 | 506 | 69.7 | 6.2 | (4.9) | 0.6 | 0.4 | 0.08 | 0.04 | 0.29 | (0) | 22.3 | 13.3 | 0.7 | 6.9 | 7.6 | 1.2 | 1 | 440 | 28 | 50 | 140 | 1.6 |
| | | らいまめ | | | | | | | | | | | | | | | | | | | | | | | | |
| 04070 | 338 | 全粒、乾 | 0 | 351 | 1468 | 11.7 | 21.9 | (18.8) | 1.8 | 1.3 | 0.42 | 0.10 | 0.75 | (0) | 60.8 | 37.2 | 1.4 | 18.3 | 19.6 | 3.8 | Tr | 1800 | 78 | 170 | 250 | 6.2 |
| 04093 | 339 | 全粒、ゆで | 0 | 152 | 638 | 62.3 | 9.6 | (8.2) | 0.9 | (0.7) | (0.21) | (0.05) | (0.38) | (0) | 26.0 | (16.4) | 0.8 | 10.2 | 10.9 | 1.1 | 0 | 490 | 27 | 52 | 95 | 2.3 |
| (05034, 35,44, 45) | (383 ～386) | らっかせい→種実類・らっかせい | | | | | | | | | | | | | | | | | | | | | | | | |
| (06303, 304) | (725, 726) | らっかせい・未熟豆→野菜類・らっかせい | | | | | | | | | | | | | | | | | | | | | | | | |
| | | りょくとう | | | | | | | | | | | | | | | | | | | | | | | | |
| 04071 | 340 | 全粒、乾 | 0 | 354 | 1481 | 10.8 | 25.1 | 20.2 | 1.5 | 1.0 | 0.34 | 0.04 | 0.61 | (0) | 59.1 | 45.4 | 0.6 | 14.0 | 14.6 | 3.5 | 0 | 1300 | 100 | 150 | 320 | 5.9 |
| 04072 | 341 | 全粒、ゆで | 0 | 137 | 573 | 66.0 | 10.2 | (8.2) | 0.6 | (0.4) | (0.13) | (0.01) | (0.24) | (0) | 22.5 | 17.7 | 0.4 | 4.8 | 5.2 | 0.7 | 1 | 320 | 32 | 39 | 75 | 2.2 |
| (02039, 061) | (220, 221) | はるさめ→いも及びでん粉類（でん粉製品） | | | | | | | | | | | | | | | | | | | | | | | | |
| (06291, 292) | (713, 714) | もやし→野菜類・(もやし類) | | | | | | | | | | | | | | | | | | | | | | | | |
| | | レンズまめ | | | | | | | | | | | | | | | | | | | | | | | | |
| 04073 | 342 | 全粒、乾 | 0 | 352 | 1472 | 12.0 | 23.2 | (19.7) | 1.5 | 1.0 | 0.17 | 0.30 | 0.48 | (0) | 60.7 | 45.2 | 1.0 | 15.7 | 16.7 | 2.7 | Tr | 1000 | 57 | 100 | 430 | 9.0 |
| 04094 | 343 | 全粒、ゆで | 0 | 170 | 711 | 57.9 | 11.2 | (9.5) | 0.8 | (0.5) | (0.09) | (0.16) | (0.25) | (0) | 29.1 | (23.3) | 0.9 | 8.5 | 9.4 | 1.1 | 0 | 330 | 27 | 44 | 190 | 4.3 |

| 食品番号 | 亜鉛 | 銅 | マンガン | ヨウ素 | セレン | クロム | モリブデン | レチノール | A カロテン α | A カロテン β | β-クリプトキサンチン | β-カロテン当量 | レチノール活性当量 | D | E トコフェロール α | E トコフェロール β | E トコフェロール γ | E トコフェロール δ | K | $B_1$ | $B_2$ | ナイアシン | $B_6$ | $B_{12}$ | 葉酸 | パントテン酸 | ビオチン | C | 食塩相当量 | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | (mg) | (mg) | (mg) | (μg) | (μg) | (μg) | (μg) | (μg) | (μg) | (μg) | (μg) | (μg) | (μg) | (μg) | (mg) | (mg) | (mg) | (mg) | (μg) | (mg) | (mg) | (mg) | (mg) | (μg) | (μg) | (mg) | (μg) | (mg) | (g) | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 04052 | 0.3 | 0.12 | 0.23 | Tr | 1 | 0 | 54 | (0) | - | - | - | (0) | (0) | (0) | 0.1 | 0 | 2.0 | 1.0 | 4 | 0.03 | 0.02 | 0.5 | 0.06 | (0) | 28 | 0.28 | 3.9 | Tr | 0 | |
| 04053 | 0.4 | 0.12 | - | - | - | - | - | (0) | - | - | - | (0) | (0) | (0) | 2.2 | 0.1 | 3.1 | 0.5 | 6 | 0.07 | 0.02 | 0.2 | 0.05 | (0) | 31 | 0.24 | - | Tr | 0.1 | |
| 04054 | 0.2 | 0.07 | 0.13 | - | - | - | - | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0.3 | 0 | 1.8 | 0.6 | 3 | 0.01 | 0.01 | 0.4 | 0.03 | 0 | 15 | 0.12 | - | Tr | 0.1 | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 04055 | 4.5 | 1.41 | 2.61 | - | - | - | - | (0) | 0 | 0 | 0 | 0 | (0) | (0) | 0 | 0 | 0.5 | 0.3 | 1 | 0.67 | 0.30 | 2.2 | 0.64 | (0) | 370 | 1.89 | - | Tr | 0 | |
| 04056 | 3.1 | 0.99 | 2.00 | - | - | - | - | (0) | 0 | 0 | 0 | 0 | (0) | (0) | 0 | 0 | 0.1 | 0.1 | 0 | 0.37 | 0.11 | 0.6 | 0.16 | (0) | 210 | 0.40 | - | Tr | 1.4 | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 04057 | 2.9 | 1.51 | 0.89 | - | - | - | - | (0) | 0 | 0 | 0 | 0 | (0) | (0) | 0 | 0 | 0.3 | 0.2 | Tr | 0.11 | 0.14 | 0.4 | 0.06 | (0) | 270 | 0.37 | - | Tr | 3.3 | |
| 04090 | 2.9 | 1.51 | 0.89 | - | - | - | - | (0) | 0 | 0 | 0 | 0 | (0) | (0) | 0 | 0 | 0.3 | 0.2 | Tr | 0.11 | 0.14 | 0.4 | 0.06 | (0) | 270 | 0.37 | - | Tr | 1.6 | |
| 04058 | 2.4 | 1.13 | 1.02 | - | - | - | - | (0) | 0 | 0 | 0 | 0 | (0) | (0) | 0.3 | 0.1 | 1.5 | 0.6 | 2 | 0.62 | 0.16 | 0.5 | 0.08 | (0) | 170 | 0.34 | - | Tr | 3.6 | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 04059 | 2.2 | 0.70 | - | 1 | 3 | 1 | 100 | (0) | - | - | - | 10 | 1 | (0) | 0.9 | 0.1 | 4.0 | 0.3 | 22 | 0.17 | 0.09 | 0.3 | 0.13 | (0) | 25 | 0.34 | 14.3 | Tr | 0 | |
| 04060 | 4.9 | 3.27 | 3.43 | 3 | 7 | 4 | 270 | (0) | 1 | 7 | 2 | 8 | 1 | (0) | 2.4 | 0.6 | 11.9 | 5.2 | 55 | 0.35 | 0.12 | 1.4 | 0.32 | (0) | 38 | 0.55 | 37.3 | 0 | 0 | |
| 04091 | 1.6 | 0.57 | 1.09 | 0 | 2 | 1 | 14 | (0) | Tr | 2 | Tr | 3 | Tr | (0) | 0.7 | 0.2 | 3.7 | 1.6 | 16 | 0.05 | 0.01 | 0.1 | 0.03 | (0) | 3 | 0.12 | 10.5 | 0 | 0 | |
| 04061 | 0.7 | 0.16 | 0.96 | 1 | 1 | 1 | 34 | (0) | - | - | - | (0) | (0) | (0) | 0 | 0 | 0.9 | 0.2 | 16 | 0.12 | 0.18 | 2.3 | 0.10 | (0) | 34 | 0.74 | 8.1 | Tr | 5.1 | ビタミンK：メナキノン-7を含む |
| 04062 | 0.9 | 0.32 | 0.52 | 1 | 2 | 4 | 37 | (0) | - | - | - | (0) | (0) | (0) | 0.6 | 0 | 0.6 | 1.9 | 17 | 0.11 | 0.27 | 2.6 | 0.08 | (0) | 12 | 0.36 | 7.1 | Tr | 4.8 | ビタミンK：メナキノン-7を含む |
| 04063 | 1.7 | 0.52 | 0.80 | 1 | 3 | 1 | 76 | (0) | - | - | - | 1 | Tr | (0) | 0.8 | 0.2 | 8.5 | 4.0 | 11 | 0.07 | 0.09 | 2.4 | 0.23 | 0 | 49 | 1.08 | 19.9 | Tr | 0 | 丸大豆製品 |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 別名：たけあずき |
| 04064 | 3.1 | 0.73 | 2.92 | 0 | 3 | 4 | 220 | (0) | 1 | 20 | 3 | 22 | 2 | (0) | 0.1 | 0.1 | 5.4 | 8.1 | 50 | 0.50 | 0.13 | 2.0 | 0.28 | (0) | 210 | 0.75 | 9.7 | 3 | 0 | |
| 04092 | 1.2 | 0.30 | 0.57 | - | - | - | - | (0) | 1 | 9 | 1 | 10 | 1 | (0) | 0.1 | Tr | 2.5 | 3.7 | 24 | 0.16 | 0.04 | 0.5 | 0.06 | (0) | 48 | 0.14 | - | Tr | 0 | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 別名：チックピー、ガルバンゾー |
| 04065 | 3.2 | 0.84 | - | 1 | 11 | 1 | 150 | (0) | 0 | 17 | 3 | 19 | 2 | (0) | 2.5 | 0.1 | 7.7 | 0.6 | 9 | 0.37 | 0.15 | 1.5 | 0.64 | (0) | 350 | 1.77 | 21.4 | Tr | 0 | |
| 04066 | 1.8 | 0.29 | 1.10 | Tr | 5 | 1 | 56 | (0) | - | - | - | 17 | 1 | (0) | 1.7 | 0 | 6.5 | 0.2 | 6 | 0.16 | 0.07 | 0.4 | 0.18 | (0) | 110 | 0.48 | 8.9 | Tr | 0 | |
| 04067 | 2.7 | 0.78 | 2.20 | - | - | - | - | (0) | 0 | 4 | - | 4 | Tr | (0) | 1.9 | 0.1 | 9.2 | 1.1 | 23 | 0.21 | 0.10 | 0.7 | 0.50 | (0) | 100 | 0.35 | - | Tr | 1.8 | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 別名：はなまめ |
| 04068 | 3.4 | 0.74 | 1.50 | 0 | 1 | 2 | 41 | (0) | - | - | - | 4 | Tr | (0) | 0.1 | 0.1 | 3.2 | 0.2 | 8 | 0.67 | 0.15 | 2.5 | 0.51 | 0 | 140 | 0.81 | 8.4 | Tr | 0 | |
| 04069 | 0.8 | 0.17 | 0.58 | 0 | Tr | 1 | 21 | (0) | - | - | - | 1 | Tr | (0) | Tr | Tr | 1.9 | 0.1 | 3 | 0.14 | 0.05 | 0.4 | 0.11 | Tr | 23 | 0.18 | 3.0 | Tr | 0 | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 別名：ライマビーン、バタービーン |
| 04070 | 2.9 | 0.70 | 1.85 | Tr | 17 | 3 | 380 | (0) | 0 | 5 | 3 | 6 | Tr | (0) | 0.1 | 0 | 4.8 | 0.2 | 6 | 0.47 | 0.16 | 1.9 | 0.40 | (0) | 120 | 1.05 | 9.2 | 0 | 0 | |
| 04093 | 1.1 | 0.25 | 0.73 | - | - | - | - | (0) | 0 | 2 | 1 | 3 | Tr | (0) | Tr | 0 | 2.3 | 0.1 | 3 | 0.10 | 0.04 | 0.5 | 0.08 | (0) | 25 | 0.23 | - | 0 | 0 | |
| (05034, 35,44, 45) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| (06303, 304) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 別名：やえなり |
| 04071 | 4.0 | 0.91 | - | 0 | 2 | 3 | 410 | (0) | 0 | 150 | 2 | 150 | 13 | (0) | 0.3 | 0 | 6.4 | 0.6 | 36 | 0.70 | 0.22 | 2.1 | 0.52 | (0) | 460 | 1.66 | 11.2 | Tr | 0 | |
| 04072 | 0.8 | 0.21 | 0.31 | 0 | 1 | 1 | 140 | (0) | - | - | - | 85 | 7 | (0) | 0.2 | 0.2 | 4.4 | 0.3 | 16 | 0.19 | 0.06 | 0.4 | 0.05 | (0) | 80 | 0.34 | 3.3 | Tr | 0 | |
| (02039, 061) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| (06291, 292) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 別名：ひらまめ |
| 04073 | 4.8 | 0.95 | 1.57 | 0 | 54 | 2 | 180 | (0) | 0 | 29 | 2 | 30 | 3 | (0) | 0.8 | 0.1 | 5.2 | Tr | 17 | 0.52 | 0.17 | 2.5 | 0.55 | 0 | 77 | 1.58 | 22.7 | 1 | 0 | |
| 04094 | 2.5 | 0.44 | 0.81 | - | - | - | - | (0) | (0) | 14 | 1 | 15 | 1 | (0) | 0.4 | 0.1 | 2.6 | 0 | 9 | 0.20 | 0.06 | 0.7 | 0.16 | (0) | 22 | 0.57 | - | 0 | 0 | |