

2 いも及びでん粉類

per 100 g edible portion

| 食品番号<br>Item No. | 食品名<br>Food and description       | 水<br>Water | たんばく質<br>Protein | アミノ酸<br>Protein: the sum of amino acid residues | イソロイシン<br>Ile | ロイシン<br>Leu | (リジン) (Lys) | 含硫アミノ酸<br>SAA   |              |             | 芳香族アミノ酸<br>AAA  |             |             | (トスレオニン) (Thr) | トリプトファン<br>Trp | バリン<br>Val | ヒスチジン<br>His | アルギニン<br>Arg | アラニン<br>Ala | アスパラギン酸<br>Asp | グルタミン酸<br>Glu | グリシン<br>Gly | プロリン<br>Pro | セリン<br>Ser | アミノ酸合計<br>Total | アンモニア<br>Ammonia | 備考<br>Remarks               |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|------------------|-----------------------------------|------------|------------------|---|---------------|-------------|-------------|-----------------|--------------|-------------|-----------------|-------------|-------------|----------------|----------------|------------|--------------|--------------|-------------|----------------|---------------|-------------|-------------|------------|-----------------|------------------|-----------------------------|--|--|--|--|------------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
|                  |                                   |            |                  |   |               |             |             | メチオニン<br>Met    | システチン<br>Cys | 合計<br>Total | フェニルアラニン<br>Phe | チロシン<br>Tyr | 合計<br>Total |                |                |            |              |              |             |                |               |             |             |            |                 |                  |                             |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                  |                                   |            |                  |   |               |             |             | (..... g .....) |              |             |                 |             |             |                |                |            |              |              |             |                |               |             |             |            |                 |                  |                             |  |  |  |  | (..... mg .....) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                  | いも及びでん粉類<br>POTATOES AND STARCHES |            |                  |   |               |             |             |                 |              |             |                 |             |             |                |                |            |              |              |             |                |               |             |             |            |                 |                  |                             |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                  | <いも類><br><POTATOES>               |            |                  |   |               |             |             |                 |              |             |                 |             |             |                |                |            |              |              |             |                |               |             |             |            |                 |                  |                             |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                  | さつまいも<br>Sweet potatoes           |            |                  |   |               |             |             |                 |              |             |                 |             |             |                |                |            |              |              |             |                |               |             |             |            |                 |                  |                             |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 02006            | 塊根、生<br>Tuberous root, raw        | 66.1       | 1.2              | 1.0   | 50            | 74          | 57          | 23              | 21           | 44          | 67              | 25          | 91          | 69             | 15             | 71         | 26           | 41           | 72          | 240            | 130           | 51          | 45          | 67         | 1,100           | 29               | 別名：かんしょ(甘藷)                 |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                  | (さといも類)<br>(Taros)                |            |                  |   |               |             |             |                 |              |             |                 |             |             |                |                |            |              |              |             |                |               |             |             |            |                 |                  |                             |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                  | さといも<br>Satoimo                   |            |                  |   |               |             |             |                 |              |             |                 |             |             |                |                |            |              |              |             |                |               |             |             |            |                 |                  |                             |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 02010            | 球茎、生<br>Corm, raw                 | 84.1       | 1.5              | 1.2   | 51            | 120         | 74          | 19              | 46           | 65          | 77              | 64          | 140         | 62             | 34             | 80         | 35           | 88           | 73          | 210            | 150           | 75          | 59          | 85         | 1,400           | 39               |                             |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                  | じゃがいも<br>Potatoes                 |            |                  |   |               |             |             |                 |              |             |                 |             |             |                |                |            |              |              |             |                |               |             |             |            |                 |                  |                             |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 02017            | 塊茎、生<br>Tuber, raw                | 79.8       | 1.6              | 1.2   | 52            | 76          | 88          | 26              | 22           | 48          | 63              | 45          | 110         | 52             | 19             | 85         | 29           | 77           | 48          | 300            | 230           | 44          | 54          | 49         | 1,400           | 55               | 別名：ばれいしょ(馬鈴薯)               |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| (15103)          | ポテトチップス → 菓子類・<br><スナック類>         |            |                  |   |               |             |             |                 |              |             |                 |             |             |                |                |            |              |              |             |                |               |             |             |            |                 |                  |                             |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                  | (やまのいも類)<br>(Yams)                |            |                  |   |               |             |             |                 |              |             |                 |             |             |                |                |            |              |              |             |                |               |             |             |            |                 |                  |                             |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                  | やまのいも<br>Chinese yam              |            |                  |   |               |             |             |                 |              |             |                 |             |             |                |                |            |              |              |             |                |               |             |             |            |                 |                  |                             |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                  | ながいも<br>Nagaïmo                   |            |                  |   |               |             |             |                 |              |             |                 |             |             |                |                |            |              |              |             |                |               |             |             |            |                 |                  |                             |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 02023            | 塊根、生<br>Tuberous root, raw        | 82.6       | 2.2              | 1.4   | 53            | 80          | 64          | 22              | 21           | 44          | 66              | 34          | 100         | 58             | 22             | 75         | 38           | 190          | 110         | 160            | 340           | 57          | 44          | 160        | 1,600           | 79               | 剰余アンモニア <sup>1)</sup> 19 mg |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

1) Ammonia derived from non-proteinous compounds