

11 肉類

| 食品番号 Item No. | 食品名 Food and description | 水分 Moisture | エネルギー Energy | たんぱく質 Protein | 脂質 Fat | 糖質 Carbohydrate | 灰分 Ash | 可食部 100g 当たり per 100 g edible portion | | | | | | | | | | | | | | | | | | | | 備考 Remarks | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------|---|----------------|-----------------|------------------|-----------|--------------------|-----------|---------------------------------------|-------------------|------------------|---------------------|------------------|-----------|------------|-------------|-------------------|-----------------|-----------------|---------------------|------------------|----------------------|----------------------|--------------------|--------------------|-------------------|----------------------|-----------------------|---------------|----------------------|------------------------|--------------|----------------------|----------------|--------------------------|-------------------------------|--|--|------------------------|--------------------------|------|------|------|------|-----|-------|-------|------|------|------|------|------|------|---|---------|-----|-----|--------------------------|-----|--|
| | | | | | | | | ミネラル | | | | | | | | | | ビタミン | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | ナトリウム Sodium | カリウム Potassium | カルシウム Calcium | マグネシウム Magnesium | リン Phosphorus | 鉄 Iron | 亜鉛 Zinc | 銅 Copper | マンガン Manganese | セレン Selenium | クロム Chromium | モリブデン Molybdenum | レチノール Retinol | α-カロテン α-Carotene | β-カロテン β-Carotene | ビタミンD Vitamin D | ビタミンK Vitamin K | ビタミンB1 Thiamin | ビタミンB2 Riboflavin | ナイアシン Nicotinamide | | ビタミンB6 Vitamin B6 | ビタミンB12 Vitamin B12 | 葉酸 Folate | パント酸 Pantoic acid | ビオチン Biotin | アスコルビク酸 Ascorbic acid | 飽和脂肪酸 Saturated fatty acid | 一価不飽和脂肪酸 Monounsaturated fatty acid | 多価不飽和脂肪酸 Polyunsaturated fatty acid | コレステロール Cholesterol | 食塩相当量 Salt equivalent | | | | | | | | | | | | | | | | | | | | |
| 11001 | 肉、豚身つき、生 Meat, lean and fat, raw いのしし Wild boar | 0 | 288 | 1121 | 80.1 | 18.8 | - | 18.8 | 18.8 | 0.5 | 0.8 | 45 | 270 | 4 | 20 | 170 | 2.5 | 3.2 | 0.12 | 0.01 | 0 | 11 | Tr | 1 | 4 | - | - | - | Tr | 4 | 0.4 | 0.5 | 0 | 0.1 | 0 | 1 | 0.24 | 0.29 | 5.2 | 0.35 | 1.7 | 1 | 1.02 | 5.0 | 1 | 6.83 | 9.37 | 2.55 | 86 | (0) | (0) | (0) | 0.1 | 別名：ぼた肉内 | | | | | |
| 11002 | 肉、豚身つき、生 Meat, lean and fat, raw いのぶた Inohuta ^D | 0 | 304 | 1272 | 86.7 | 18.1 | - | 24.1 | 23.2 | 0.3 | 0.8 | 50 | 280 | 4 | 19 | 160 | 0.8 | 1.8 | 0.06 | 0.01 | - | - | - | 11 | - | - | - | (0) | 11 | 1.1 | 0.4 | 0 | Tr | 0 | 3 | 0.82 | 0.18 | 6.2 | 0.48 | 0.7 | Tr | 1.28 | - | 1 | 9.23 | 10.2 | 2.81 | 86 | (0) | (0) | (0) | 0.1 | | | | | | | |
| 11003 | 肉、赤肉、生 Meat, lean, raw うさぎ Rabbit | 0 | 148 | 611 | 72.2 | 20.8 | 17.8 | 6.8 | 4.7 | Tr | 1.0 | 38 | 400 | 6 | 27 | 300 | 1.3 | 1.0 | 0.05 | 0.01 | - | - | - | 3 | - | - | - | Tr | 3 | 0 | 0.5 | 0 | 0 | 0 | 1 | 0.10 | 0.19 | 8.8 | 0.83 | 5.8 | 7 | 0.74 | - | 1 | 1.92 | 1.28 | 1.29 | 83 | (0) | (0) | (0) | 0.1 | *未測定脂肪酸(33 mg)を含まない ¹⁾ | | | | | | |
| 11004 | 肉、赤肉、生 Meat, lean, raw 【和牛肉】 [Beef, Japanese beef cattle] かた Chuck | 0 | 288 | 1107 | 88.8 | 17.7 | - | 22.3 | 20.6 | 0.3 | 0.9 | 47 | 280 | 4 | 19 | 160 | 0.8 | 4.9 | 0.07 | 0 | - | - | - | Tr | - | - | - | Tr | Tr | 0 | 0.4 | 0 | Tr | 0 | 7 | 0.08 | 0.21 | 4.3 | 0.32 | 1.5 | 6 | 1.00 | - | 1 | 7.12 | 11.8 | 0.68 | 72 | (0) | (0) | (0) | 0.1 | 皮下脂肪 ³⁾ 4.3%、筋肉脂肪 ⁴⁾ 11.0% | | | | | | |
| 11005 | 肉、赤肉、生 Meat, lean, raw 皮下脂肪なし、生 Without subcutaneous fat, raw | 0 | 288 | 1109 | 80.7 | 18.3 | - | 18.8 | 18.3 | 0.3 | 0.9 | 48 | 290 | 4 | 19 | 160 | 0.8 | 5.1 | 0.05 | 0 | - | - | - | Tr | - | - | - | Tr | Tr | 0 | 0.4 | 0 | Tr | 0 | 8 | 0.08 | 0.22 | 4.5 | 0.33 | 1.6 | 6 | 1.04 | - | 1 | 6.38 | 10.8 | 0.61 | 71 | (0) | (0) | (0) | 0.1 | 筋肉脂肪 ⁴⁾ 11.5% | | | | | | |
| 11006 | 肉、赤肉、生 Meat, lean, raw | 0 | 201 | 841 | 66.3 | 20.2 | - | 12.2 | 11.2 | 0.3 | 1.0 | 82 | 320 | 4 | 21 | 170 | 2.7 | 5.7 | 0.09 | 0 | - | - | - | 0 | - | - | - | Tr | 0 | 0 | 0.3 | 0 | 0 | 0 | 4 | 0.09 | 0.24 | 4.8 | 0.37 | 1.7 | 7 | 1.14 | - | 1 | 4.01 | 6.22 | 0.44 | 86 | (0) | (0) | (0) | 0.1 | 皮下脂肪及び筋肉脂肪を抜いたもの | | | | | | |
| 11007 | 肉、赤肉、生 Meat, lean, raw 脂肪、生 Fat, raw | 0 | 781 | 3142 | 17.8 | 4.0 | - | 78.0 | 72.8 | 0 | 0.2 | 18 | 81 | 2 | 4 | 38 | 0.6 | 0.4 | 0.02 | 0 | - | - | - | 3 | - | - | - | (0) | 3 | 0 | 0.9 | Tr | 0.1 | 0 | 23 | 0.02 | 0.03 | 1.0 | 0.08 | 0.5 | 1 | 0.24 | - | 0 | 24.3 | 43.4 | 1.98 | 110 | (0) | (0) | (0) | 0 | 皮下脂肪及び筋肉脂肪 ⁴⁾ | | | | | | |
| 11008 | 肉、赤肉、生 Meat, lean and fat, raw かたロース Chuck loin | 0 | 411 | 1720 | 47.9 | 13.8 | - | 37.4 | 35.0 | 0.2 | 0.7 | 42 | 210 | 3 | 14 | 120 | 0.7 | 4.8 | 0.06 | 0.01 | - | - | - | 3 | - | - | - | 1 | 3 | 0 | 0.5 | 0 | Tr | 0 | 8 | 0.06 | 0.17 | 3.2 | 0.18 | 1.1 | 6 | 0.90 | - | 1 | 12.19 | 20.16 | 1.08 | 89 | (0) | (0) | (0) | 0.1 | 皮下脂肪 ³⁾ 1.8%、筋肉脂肪 ⁴⁾ 17.0% | | | | | | |
| 11009 | 肉、赤肉、生 Meat, lean and fat, raw 皮下脂肪なし、生 Without subcutaneous fat, raw | 0 | 403 | 1688 | 48.8 | 14.0 | - | 36.5 | 34.1 | 0.2 | 0.7 | 42 | 210 | 3 | 14 | 120 | 0.7 | 4.8 | 0.06 | 0.01 | - | - | - | 3 | - | - | - | 1 | 3 | 0 | 0.5 | 0 | Tr | 0 | 8 | 0.06 | 0.17 | 3.3 | 0.18 | 1.1 | 6 | 0.91 | - | 1 | 11.9 | 19.7 | 1.04 | 88 | (0) | (0) | (0) | 0.1 | 筋肉脂肪 ⁴⁾ 17.4% | | | | | | |
| 11010 | 肉、赤肉、生 Meat, lean, raw リブロース Rib loin | 0 | 316 | 1322 | 56.4 | 16.5 | - | 28.1 | 24.4 | 0.2 | 0.8 | 49 | 240 | 3 | 16 | 140 | 2.4 | 5.6 | 0.07 | 0.01 | - | - | - | 3 | - | - | - | Tr | 3 | 0 | 0.4 | 0 | Tr | 0 | 7 | 0.07 | 0.21 | 3.8 | 0.21 | 1.2 | 7 | 1.07 | - | 1 | 8.28 | 14.2 | 0.83 | 84 | (0) | (0) | (0) | 0.1 | 皮下脂肪及び筋肉脂肪を抜いたもの | | | | | | |
| 11011 | 肉、赤肉、生 Meat, lean and fat, raw | 0 | 488 | 1958 | 42.5 | 12.7 | - | 44.0 | 41.3 | 0.2 | 0.6 | 38 | 200 | 3 | 13 | 100 | 0.8 | 3.8 | 0.05 | 0.01 | 1 | 8 | 0 | 1 | 3 | 0 | 1 | 3 | 0 | 1 | 0 | 1 | 0 | 1 | 3 | Tr | 0.6 | 0 | Tr | 0 | 8 | 0.05 | 0.13 | 3.2 | 0.19 | 0.9 | 4 | 0.79 | 1.3 | 1 | 14.9 | 23.4 | 1.17 | 87 | (0) | (0) | (0) | 0.1 | 皮下脂肪 ³⁾ 4.5%、筋肉脂肪 ⁴⁾ 23.7% |
| 11012 | 肉、赤肉、生 Meat, lean and fat, raw 皮下脂肪なし、生 Without subcutaneous fat, raw | 0 | 482 | 1891 | 44.0 | 13.2 | - | 42.0 | 39.4 | 0.2 | 0.6 | 37 | 200 | 3 | 13 | 110 | 0.8 | 3.7 | 0.05 | 0.01 | 1 | 8 | 0 | 1 | 3 | 0 | 1 | 3 | 0 | 1 | 0 | 1 | 3 | Tr | 0.5 | 0 | Tr | 0 | 8 | 0.05 | 0.13 | 3.3 | 0.19 | 0.9 | 4 | 0.78 | 1.3 | 1 | 14.3 | 22.3 | 1.18 | 86 | (0) | (0) | (0) | 0.1 | 筋肉脂肪 ⁴⁾ 24.8% | | |
| 11013 | 肉、赤肉、生 Meat, lean, raw | 0 | 331 | 1385 | 54.6 | 18.8 | - | 27.5 | 25.9 | 0.3 | 0.6 | 45 | 260 | 3 | 17 | 140 | 2.0 | 4.9 | 0.06 | 0.01 | 1 | 11 | 0 | 1 | 3 | 0 | 0 | 0 | 3 | 0 | 0.5 | 0 | Tr | 0 | 8 | 0.07 | 0.17 | 4.2 | 0.25 | 1.0 | 5 | 0.85 | 1.4 | 1 | 9.39 | 14.8 | 0.84 | 78 | (0) | (0) | (0) | 0.1 | 皮下脂肪及び筋肉脂肪を抜いたもの | | | | | | |
| 11014 | 肉、赤肉、生 Meat, lean, raw 脂肪、生 Fat, raw | 0 | 618 | 2423 | 11.8 | 2.1 | - | 80.0 | 80.5 | 0 | 0.1 | 13 | 44 | 2 | 2 | 21 | 0.3 | 0.3 | 0.01 | 0 | 1 | 2 | 1 | Tr | 4 | 0 | 4 | 0 | 4 | 0 | 0.9 | 0 | 0.1 | 0 | 16 | 0.01 | 0.02 | 0.7 | 0.02 | 0.5 | 1 | 0.17 | 0.9 | 0 | 28.98 | 45.8 | 2.01 | 110 | (0) | (0) | (0) | 0 | 皮下脂肪及び筋肉脂肪 ⁴⁾ | | | | | | |
| 11015 | 肉、赤肉、生 Meat, lean and fat, raw サーロイン Sirloin | 0 | 488 | 2084 | 40.0 | 11.7 | - | 47.5 | 44.4 | 0.3 | 0.5 | 32 | 180 | 3 | 12 | 100 | 0.8 | 2.8 | 0.05 | 0 | - | - | - | 3 | - | - | - | 1 | 3 | 0 | 0.6 | 0 | 0.1 | 0 | 10 | 0.05 | 0.12 | 3.6 | 0.23 | 1.1 | 5 | 0.86 | - | 1 | 16.3 | 25.1 | 1.12 | 86 | (0) | (0) | (0) | 0.1 | 皮下脂肪 ³⁾ 11.5%、筋肉脂肪 ⁴⁾ 24.5% | | | | | | |
| 11016 | 肉、赤肉、生 Meat, lean and fat, raw 皮下脂肪なし、生 Without subcutaneous fat, raw | 0 | 488 | 1908 | 43.7 | 12.6 | 11.1 | 42.5 | 39.8 | 0.3 | 0.6 | 34 | 200 | 3 | 13 | 110 | 0.8 | 3.1 | 0.05 | 0 | - | - | - | 3 | - | - | - | 1 | 3 | 0 | 0.5 | 0 | 0.1 | 0 | 8 | 0.05 | 0.13 | 4.0 | 0.26 | 1.1 | 6 | 0.72 | - | 1 | 14.6 | 22.3 | 1.00 | 83 | (0) | (0) | (0) | 0.1 | 筋肉脂肪 ⁴⁾ 27.7% | | | | | | |
| 11017 | 肉、赤肉、生 Meat, lean, raw | 0 | 317 | 1326 | 55.9 | 17.1 | - | 25.8 | 24.1 | 0.4 | 0.8 | 42 | 260 | 4 | 18 | 160 | 2.0 | 4.2 | 0.07 | 0 | - | - | - | 2 | - | - | - | Tr | 2 | 0 | 0.4 | 0 | 0.1 | 0 | 7 | 0.07 | 0.17 | 5.3 | 0.35 | 1.4 | 8 | 0.83 | - | 1 | 9.14 | 13.3 | 0.82 | 72 | (0) | (0) | (0) | 0.1 | 皮下脂肪及び筋肉脂肪を抜いたもの | | | | | | |
| 11018 | 肉、赤肉、生 Meat, lean and fat, raw ばら Flank or short plate | 0 | 517 | 2163 | 38.4 | 11.0 | - | 50.0 | 45.6 | 0.1 | 0.5 | 44 | 180 | 4 | 10 | 87 | 1.4 | 3.0 | 0.09 | 0 | - | - | - | 3 | - | - | - | Tr | 3 | 0 | 0.6 | 0 | 0.1 | 0 | 16 | 0.04 | 0.11 | 3.1 | 0.18 | 1.2 | 2 | 0.74 | - | 1 | 15.5 | 26.8 | 1.12 | 86 | (0) | (0) | (0) | 0.1 | | | | | | | |

1) Crossbred pig (domesticated × wild) 2) Excluding unidentified fatty acids 3) Subcutaneous fat 4) Intramuscular fat 5) Subcutaneous fat and intermuscular fat

11 肉類

| 食品番号 Item No. | 食品名 Food and description | 水分 Moisture | 可食部 100g 当たり per 100g edible portion | | | | | | | | | | | | | | | | | | | | | | 備考 Remarks | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------|------------------------------|----------------|--------------------------------------|------------------|-------------|----------------------|-----------|-----------------|-------------------|------------------|---------------------|------------------|-----------|------------|-------------|-------------------|-----------------|-----------------|---------------------|----------------|----|-----|----|---------|---------------|----|----|-------------------------|---------------------|----------------------|--------------|----------------------|----------------|--------------------------|--------------------|------|------|------------------------|-----------------------|------|------|-----------|-------------|-------|---------------|-----------|-------|------|-----|-----|-----|-----|-----|
| | | | エネルギー Energy | たんぱく質 Protein | 脂質 Lipid | 炭水化物 Carbohydrate | 灰分 Ash | 無機質 Minerals | | | | | | | | | | | ビタミン Vitamins | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | ナトリウム Sodium | カリウム Potassium | カルシウム Calcium | マグネシウム Magnesium | リン Phosphorus | 鉄 Iron | 亜鉛 Zinc | 銅 Copper | マンガン Manganese | セレン Selenium | クロム Chromium | モリブデン Molybdenum | カロテン Carotenes | | | | ビタミン D | | | | ナイアシン Nicotinic acid | ビタミン B ₆ | ビタミン B ₁₂ | 葉酸 Folate | パント酸 Pantoic acid | ビオチン Biotin | アスコルビン酸 Ascorbic acid | 脂肪酸 Fatty acids | | | コレステロール Cholesterol | 食物繊維 Dietary fiber | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | α | β | γ | δ | Retinol | | α | β | | | | | | | | γ | δ | α | | β | γ | δ | Saturated | Unsaturated | Total | Water-soluble | Insoluble | Total | | | | | | |
| % | kcal | g | g | g | g | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | | | | | | | | | | | | | | | | | |
| 11086 | ヒレ 赤肉、生 [子牛肉] リブローズ | 0 | 133 | 558 | 73.3 | 20.6 | - | 4.8 | 4.2 | 0.3 | 1.1 | 46 | 370 | 4 | 24 | 180 | 2.8 | 2.8 | 0.11 | 0.02 | - | - | - | - | 4 | - | - | - | Tr | 4 | 0.4 | 0.7 | 0 | 0 | 0 | 2 | 0.10 | 0.25 | 4.7 | 0.39 | 2.0 | 5 | 1.29 | - | 1 | 1.99 | 1.79 | 0.22 | 62 | (0) | (0) | (0) | 0.1 |
| 11088 | 皮下脂肪なし、生 ばら | 0 | 101 | 423 | 76.0 | 21.7 | - | 0.9 | 0.5 | 0.3 | 1.1 | 67 | 360 | 6 | 23 | 190 | 1.8 | 2.8 | 0.07 | 0 | - | - | - | - | 0 | - | - | - | Tr | 0 | 0 | 0.1 | 0 | 0 | 0 | Tr | 0.09 | 0.17 | 8.8 | 0.48 | 1.2 | 6 | 0.72 | - | 1 | 0.19 | 0.17 | 0.13 | 64 | (0) | (0) | (0) | 0.2 |
| 11087 | 皮下脂肪なし、生 もも | 0 | 122 | 510 | 74.5 | 20.9 | - | 3.6 | 2.9 | 0 | 1.0 | 100 | 320 | 6 | 19 | 160 | 1.7 | 3.6 | 0.07 | 0 | - | - | - | - | 3 | - | - | - | Tr | 3 | 0 | 0.2 | 0 | 0 | 0 | 3 | 0.18 | 0.18 | 6.2 | 0.26 | 1.6 | 3 | 0.84 | - | 1 | 1.31 | 1.25 | 0.25 | 71 | (0) | (0) | (0) | 0.3 |
| 11088 | 皮下脂肪なし、生 【ひき肉】 | 0 | 116 | 485 | 74.8 | 21.2 | - | 2.7 | 2.1 | 0.2 | 1.1 | 54 | 300 | 6 | 23 | 200 | 1.3 | 2.3 | 0.06 | 0 | - | - | - | - | 3 | - | - | - | Tr | 3 | 0 | 0.1 | 0 | 0 | 1 | 0.08 | 0.18 | 9.3 | 0.44 | 0.8 | 5 | 0.72 | - | 1 | 0.90 | 0.88 | 0.21 | 71 | (0) | (0) | (0) | 0.1 | |
| 11089 | 生 【副生物】 舌 | 0 | 224 | 937 | 64.5 | 19.0 | 15.8 | 15.1 | 13.5 | 0.5 | 0.9 | 49 | 310 | 4 | 20 | 170 | 2.3 | 4.3 | 0.08 | Tr | - | - | - | - | 4 | 0 | 2 | 0 | 2 | 4 | 0.1 | 0.5 | 0 | Tr | 0 | 5 | 0.08 | 0.20 | 4.7 | 0.36 | 1.5 | 7 | 0.99 | - | 1 | 5.45 | 6.81 | 0.81 | 67 | (0) | (0) | (0) | 0.1 |
| 11090 | 生 心臓 | 0 | 289 | 1125 | 62.1 | 18.2 | 12.4 | 21.7 | 20.1 | 0.1 | 0.9 | 60 | 200 | 6 | 14 | 140 | 2.5 | 2.8 | 0.10 | - | - | - | - | 11 | - | - | - | Tr | 11 | 0 | 0.5 | 0 | 0.1 | 0 | 8 | 0.12 | 0.30 | 3.8 | 0.25 | 6.1 | 7 | 1.82 | - | 3 | 7.47 | 11.06 | 0.63 | 100 | (0) | (0) | (0) | 0.2 | |
| 11091 | 生 肝臓 | 0 | 142 | 594 | 74.8 | 18.5 | 13.5 | 7.8 | 6.2 | 0.1 | 1.0 | 70 | 290 | 5 | 23 | 170 | 3.3 | 2.1 | 0.42 | - | - | - | - | 9 | - | - | - | Tr | 9 | 0 | 0.6 | 0 | 0.1 | 0 | 5 | 0.42 | 0.90 | 5.8 | 0.29 | 12.1 | 16 | 2.16 | - | 4 | 3.11 | 2.49 | 0.33 | 110 | (0) | (0) | (0) | 0.2 | |
| 11092 | 生 じん臓 | 0 | 132 | 552 | 71.5 | 19.6 | 17.0 | 3.7 | 2.1 | 3.7 | 1.5 | 55 | 300 | 6 | 17 | 330 | 4.0 | 3.8 | 5.30 | - | 4 | 50 | Tr | 94 | 1100 | - | - | - | 40 | 1100 | 0 | 0.3 | 0 | 0 | 0 | 1 | 0.22 | 3.00 | 13.5 | 0.98 | 52.8 | 1000 | 6.40 | 78.1 | 30 | 0.93 | 0.48 | 0.64 | 240 | (0) | (0) | (0) | 0.1 |
| 11093 | 生 第一胃 | 0 | 131 | 648 | 75.7 | 18.7 | 13.4 | 6.4 | 5.0 | 0.2 | 1.0 | 80 | 280 | 6 | 12 | 200 | 4.5 | 1.5 | 0.28 | - | 6 | 210 | 0 | 43 | 4 | - | - | - | 14 | 5 | 0 | 0.3 | 0 | 0 | 0 | 8 | 0.48 | 0.85 | 5.5 | 0.45 | 22.1 | 250 | 4.08 | 89.8 | 3 | 2.59 | 1.78 | 0.45 | 310 | (0) | (0) | (0) | 0.2 |
| 11094 | ゆで 第二胃 | 0 | 182 | 761 | 66.8 | 24.5 | - | 8.4 | 6.9 | 0 | 0.5 | 51 | 130 | 11 | 14 | 82 | 0.7 | 4.2 | 0.08 | 0.03 | - | - | - | - | 1 | - | - | - | (Tr) | 1 | Tr | 0.4 | 0 | 0 | 0 | 8 | 0.04 | 0.14 | 1.7 | 0.01 | 2.0 | 3 | 0.49 | - | 2 | 2.73 | 3.38 | 0.51 | 240 | (0) | (0) | (0) | 0.1 |
| 11095 | ゆで 第三胃 | 0 | 200 | 837 | 71.0 | 12.4 | - | 15.7 | 14.7 | 0 | 0.3 | 38 | 64 | 7 | 6 | 55 | 0.6 | 1.5 | 0.04 | 0.07 | - | - | - | - | 3 | - | - | - | (Tr) | 3 | 0.1 | 0.3 | 0 | 0 | 0 | 16 | 0.02 | 0.10 | 1.0 | 0.01 | 2.0 | 12 | 0.44 | - | 0 | 5.69 | 7.83 | 0.53 | 130 | (0) | (0) | (0) | 0.1 |
| 11096 | 生 第四胃 | 0 | 62 | 259 | 66.6 | 11.7 | - | 1.3 | 0.9 | 0 | 0.4 | 50 | 83 | 16 | 10 | 80 | 6.8 | 2.6 | 0.08 | 0.07 | - | - | - | - | 4 | - | - | - | (Tr) | 4 | 0 | 0.1 | 0 | 0 | 0 | 4 | 0.04 | 0.32 | 1.7 | 0.02 | 4.6 | 35 | 0.84 | - | 4 | 0.38 | 0.41 | 0.10 | 120 | (0) | (0) | (0) | 0.1 |
| 11097 | ゆで 小腸 | 0 | 329 | 1377 | 68.5 | 11.1 | - | 30.0 | 28.7 | 0 | 0.4 | 38 | 51 | 8 | 8 | 98 | 1.8 | 1.4 | 0.11 | 0.07 | - | - | - | - | 5 | - | - | - | (Tr) | 5 | 0.2 | 0.5 | 0 | 0 | 0 | 35 | 0.05 | 0.14 | 0.8 | 0.01 | 3.6 | 10 | 0.34 | - | 0 | 12.78 | 13.73 | 0.89 | 190 | (0) | (0) | (0) | 0.1 |
| 11098 | 生 | 0 | 287 | 1201 | 63.3 | 9.8 | - | 26.1 | 24.7 | 0 | 0.7 | 77 | 160 | 7 | 10 | 140 | 1.2 | 1.2 | 0.07 | 0.10 | - | - | - | - | 2 | - | - | - | (Tr) | 2 | 0 | 0.3 | 0 | 0 | 0 | 8 | 0.07 | 0.23 | 3.1 | 0.05 | 20.5 | 15 | 1.21 | - | 15 | 11.82 | 11.23 | 0.58 | 210 | (0) | (0) | (0) | 0.2 |

1) Excluding unidentified fatty acids 2) Japanese beef cattle 3) Commercial product

11 肉類

| 食品番号 Item No. | 食品名 Food and description | 可食部 100g 当たり per 100 g edible portion | | | | | | | | | | | | | | | | | | | | 水分 Moisture | 灰分 Ash | カルシウム Calcium | リン Phosphorus | 鉄 Iron | 亜鉛 Zinc | 銅 Copper | マンガン Manganese | セレン Selenium | クロム Chromium | モリブデン Molybdenum | ビタミン類 Vitamins | | | | ミネラル類 Minerals | | | | ビタミンD Vitamin D | ビタミンE Vitamin E | ビタミンK Vitamin K | ビタミンB1 Vitamin B1 | ビタミンB2 Vitamin B2 | ナイアシン Nicotinic acid | ビタミンB6 Vitamin B6 | ビタミンB12 Vitamin B12 | パントテン酸 Pantoic acid | ビオチン Biotin | アスコルビン酸 Ascorbic acid | 脂質 Fat | | | コレステロール Cholesterol | 食物繊維 Dietary fiber | 食塩相当量 Salt equivalent | 備考 Remarks | | | | |
|------------------|---|---------------------------------------|-----|--------------------|------|----------------------|------|----------------------|------|--------------------|-----|--------------------|-----|--------------------|----|--------------------|-----|----------------------|------|----------------------|----|----------------|-----------|------------------|------------------|-----------|------------|-------------|-------------------|-----------------|-----------------|---------------------|-------------------------|-----|----------------------|------|------------------------|------|------------------------|-----|--------------------|--------------------|--------------------|----------------------|----------------------|-------------------------|----------------------|------------------------|------------------------|----------------|--------------------------|--------------------|--|--------------------------|------------------------|-----------------------|--------------------------|---------------|-------------------------------|----------------------------------|-------------------|----|
| | | β-カロテン β-Carotene | | ビタミンA Vitamin A | | ビタミンB3 Vitamin B3 | | ビタミンB5 Vitamin B5 | | ビタミンC Vitamin C | | ビタミンD Vitamin D | | ビタミンE Vitamin E | | ビタミンK Vitamin K | | ビタミンB1 Vitamin B1 | | ビタミンB2 Vitamin B2 | | | | | | | | | | | | | ナイアシン Nicotinic acid | | ビタミンB6 Vitamin B6 | | ビタミンB12 Vitamin B12 | | パントテン酸 Pantoic acid | | | | | | | | | | | | | ビオチン Biotin | | アスコルビン酸 Ascorbic acid | | | | | 飽和脂肪酸 Saturated fatty acid | 不飽和脂肪酸 Unsaturated fatty acid | 総脂肪量 Total fat | |
| | | μg | μg | μg | μg | μg | μg | μg | μg | μg | μg | μg | μg | μg | μg | μg | μg | μg | μg | μg | μg | | | | | | | | | | | | μg | μg | μg | μg | μg | μg | μg | μg | | | | | | | | | | | | μg | μg | μg | | | | | μg | μg | μg | μg |
| 11099 | 大腸 生 Raw | 0 | 162 | 678 | 77.2 | 8.3 | - | 18.0 | 12.2 | 0 | 0.6 | 61 | 120 | 9 | 8 | 77 | 0.8 | 1.3 | 0.05 | 0.05 | - | - | - | 2 | - | - | - | (Tr) | 2 | 0 | 0.2 | 0 | 0 | 0 | 16 | 0.04 | 0.14 | 2.1 | 0.01 | 1.3 | 6 | 0.69 | - | 6 | 3.94 | 7.30 | 0.47 | 160 | (0) | (0) | (0) | 0.2 | 別名：しまちよ | | | | | | | | | |
| 11100 | 直腸 生 Raw | 0 | 116 | 481 | 80.7 | 11.6 | - | 7.0 | 6.4 | 0 | 0.7 | 87 | 100 | 9 | 10 | 100 | 0.8 | 1.7 | 0.05 | 0.04 | - | - | - | 2 | - | - | - | (Tr) | 2 | 0 | 0.2 | 0 | 0 | 0 | 12 | 0.05 | 0.15 | 2.3 | 0.01 | 1.7 | 24 | 0.85 | - | 6 | 2.13 | 3.71 | 0.25 | 160 | (0) | (0) | (0) | 0.2 | 別名：てっぼり | | | | | | | | | |
| 11101 | 膣 ゆで Boiled | 0 | 185 | 649 | 86.5 | 28.3 | - | 4.9 | 4.3 | 0 | 0.3 | 93 | 19 | 16 | 4 | 23 | 0.7 | 0.1 | 0.02 | Tr | - | - | - | 0 | - | - | - | (Tr) | (0) | 0 | 0.1 | 0 | 0 | 0 | 8 | 0 | 0.04 | 0.2 | 0 | 0.4 | 3 | 0.11 | - | 0 | 0.94 | 3.08 | 0.10 | 67 | (0) | (0) | (0) | 0.2 | 別名：すじ 市販品 ¹⁾ | | | | | | | | | |
| 11102 | 子宮 ゆで Boiled | 0 | 106 | 444 | 78.2 | 18.4 | - | 3.0 | 2.4 | 0 | 0.4 | 79 | 74 | 8 | 7 | 63 | 1.2 | 1.7 | 0.06 | 0.02 | - | - | - | 0 | - | - | - | (Tr) | (0) | 0 | 0.2 | 0 | 0 | 0 | 5 | 0.01 | 0.10 | 0.8 | 0.01 | 1.7 | 10 | 0.39 | - | 0 | 0.99 | 1.16 | 0.16 | 160 | (0) | (0) | (0) | 0.2 | 別名：こぶろ | | | | | | | | | |
| 11103 | 尾 生 Raw | 40 | 492 | 2059 | 40.7 | 11.6 | - | 47.1 | 43.7 | Tr | 0.6 | 50 | 110 | 7 | 13 | 85 | 2.0 | 4.3 | 0.06 | - | - | - | 20 | - | - | - | - | Tr | 20 | 0 | 0.3 | 0 | 0.1 | 0 | Tr | 0.08 | 0.17 | 2.6 | 0.26 | 1.6 | 3 | 1.95 | - | 1 | 13.20 | 27.24 | 1.30 | 76 | (0) | (0) | (0) | 0.1 | 別名：テール 皮を除いたもの ²⁾ 、*骨 ³⁾ **未測定脂肪(60 mg)を含まない ⁴⁾ | | | | | | | | | |
| 11104 | 【加工品】 ローストビーフ Roast beef | 0 | 198 | 820 | 84.0 | 21.7 | - | 11.7 | 10.7 | 0.9 | 1.7 | 310 | 260 | 6 | 24 | 200 | 2.3 | 4.1 | 0.10 | 0.01 | - | - | - | Tr | - | - | - | Tr | Tr | 0.1 | 0.3 | 0 | 0 | 0 | 4 | 0.08 | 0.25 | 6.3 | 0.47 | 1.6 | 9 | 0.98 | - | 0 | 4.28 | 6.51 | 0.40 | 70 | (0) | (0) | (0) | 0.8 | 市販品 ¹⁾ *酸化した肉として添加品あり ⁵⁾ | | | | | | | | | |
| 11105 | コンビーフ缶詰 Canned beef, canned | 0 | 203 | 849 | 83.4 | 19.8 | - | 19.0 | 12.6 | 1.7 | 2.1 | 690 | 110 | 18 | 13 | 120 | 3.5 | 4.1 | 0.11 | 0.04 | - | - | - | Tr | - | - | - | Tr | Tr | 0 | 0.8 | 0 | 0.3 | 0.2 | 6 | 0.02 | 0.14 | 7.6 | 0.04 | 1.3 | 5 | 0.20 | - | 0 | 6.35 | 6.38 | 0.32 | 68 | (0) | (0) | (0) | 1.8 | 市販品 ¹⁾ *酸化した肉として添加品あり ⁵⁾ | | | | | | | | | |
| 11106 | 味付缶詰 Canned with seasoning | 0 | 156 | 653 | 84.3 | 19.2 | - | 4.4 | 4.1 | 9.9 | 2.2 | 720 | 160 | 9 | 16 | 110 | 3.4 | 4.0 | 0.09 | 0.09 | - | - | - | Tr | - | - | - | Tr | Tr | 0 | 0.7 | 0 | 0 | 0 | 3 | 0.33 | 0.19 | 2.4 | 0.06 | 1.4 | 6 | 0.22 | - | 0 | 1.83 | 1.98 | 0.16 | 48 | (0) | (0) | (0) | 1.8 | 大和家特産 *酸汁を含んだもの ⁶⁾ **添加品を含む ⁷⁾ | | | | | | | | | |
| 11107 | ビーフジャーキー Beef jerky | 0 | 315 | 1318 | 24.4 | 64.6 | - | 7.9 | 5.8 | 6.4 | 6.6 | 1900 | 760 | 13 | 54 | 420 | 6.4 | 8.8 | 0.25 | 0.19 | - | - | - | 5 | - | - | - | (0) | 5 | 0.3 | 2.2 | 0 | 0.2 | 0.1 | 8 | 0.13 | 0.45 | 11.6 | 0.85 | 3.5 | 12 | 1.25 | - | 1 | 2.11 | 2.70 | 0.98 | 160 | (0) | (0) | (0) | 4.8 | *添加品を含む ⁷⁾ **酸化した肉として添加品あり ⁵⁾ | | | | | | | | | |
| 11108 | スモークタン Smoked tongue | 0 | 283 | 1184 | 85.9 | 18.1 | - | 23.0 | 21.0 | 0.9 | 2.1 | 630 | 190 | 6 | 16 | 150 | 2.6 | 4.2 | 0.12 | 0.02 | - | - | - | 16 | - | - | - | (0) | 16 | 0.3 | 0.6 | 0 | 0.1 | 0 | 16 | 0.08 | 0.27 | 3.4 | 0.13 | 4.7 | 4 | 1.12 | - | 1 | 8.97 | 10.18 | 0.84 | 120 | (0) | (0) | (0) | 1.6 | *添加品を含む ⁷⁾ **酸化した肉として添加品あり ⁵⁾ | | | | | | | | | |
| 11109 | うま Horse 肉、赤肉、生 Meat, lean, raw | 0 | 110 | 460 | 76.1 | 20.1 | 17.3 | 2.5 | 2.2 | 0.3 | 1.0 | 50 | 300 | 11 | 18 | 170 | 4.3 | 2.8 | 0.11 | - | 0 | 17 | 0 | 1 | 9 | - | - | Tr | 9 | - | 0.9 | 0 | 0 | 0 | 2 | 0.10 | 0.24 | 5.8 | 0.02 | 7.1 | 4 | 1.01 | 1.1 | 1 | 0.80 | 0.98 | 0.28 | 65 | (0) | (0) | (0) | 0.1 | 別名：さくら肉 皮下脂肪及び筋肉脂肪を除いたもの *未測定脂肪(6 mg)を含まない ⁴⁾ ミンクくじら ⁸⁾ | | | | | | | | | |
| 11110 | くじら Whale 肉、赤肉、生 Meat, lean, raw | 0 | 106 | 444 | 74.3 | 24.1 | 19.5 | 0.4 | 0.3 | 0.2 | 1.0 | 62 | 260 | 3 | 29 | 210 | 2.5 | 1.1 | 0.06 | 0.01 | 2 | 32 | Tr | 0 | 7 | - | - | (0) | 7 | 0.1 | 0.6 | Tr | Tr | Tr | Tr | 0.08 | 0.23 | 11.9 | 0.46 | 2.0 | 4 | 0.31 | 1.6 | 1 | 0.08 | 0.11 | 0.08 | 38 | (0) | (0) | (0) | 0.2 | 皮下脂肪及び筋肉脂肪を除いたもの | | | | | | | | | |
| 11111 | うめす、生 Ventral groove meat, raw | 0 | 376 | 1673 | 49.0 | 18.6 | - | 31.4 | 25.1 | 0.2 | 0.6 | 150 | 70 | 8 | 10 | 98 | 0.4 | 3.3 | 0.03 | Tr | - | - | - | 130 | - | - | - | (0) | 130 | 0.6 | 3.1 | Tr | Tr | Tr | 2 | 0.11 | 0.20 | 2.4 | 0.06 | 0.7 | 3 | 0.29 | - | 6 | 6.27 | 13.34 | 7.21 | 190 | (0) | (0) | (0) | 0.4 | | | | | | | | | | |
| 11112 | 木皮、生 Blubber, raw | 0 | 689 | 2893 | 21.0 | 9.7 | - | 68.8 | 52.4 | 0.2 | 0.3 | 59 | 44 | 6 | 3 | 33 | 0.2 | 0.2 | 0.02 | Tr | - | - | - | 130 | - | - | - | (0) | 130 | 0.3 | 4.8 | Tr | Tr | Tr | 3 | 0.11 | 0.05 | 0.6 | 0.01 | 0.4 | 1 | 0.11 | - | 5 | 12.46 | 23.88 | 13.74 | 120 | (0) | (0) | (0) | 0.1 | | | | | | | | | | |
| 11113 | さもしくじら Sarashi-kujira ⁹⁾ | 0 | 31 | 130 | 83.7 | 6.3 | - | 0.6 | 0.6 | 0 | 0.1 | 1 | Tr | 1 | Tr | 13 | 0 | Tr | 0.01 | 0 | - | - | - | 8 | - | - | - | Tr | 8 | 0 | 0.1 | 0 | 0 | 0 | Tr | 0 | 0 | 0 | 0 | 0 | 0 | - | 0 | 0.11 | 0.51 | 0.14 | 16 | (0) | (0) | (0) | 0 | あかし ¹⁰⁾ | | | | | | | | | | |
| 11114 | しか Deer 肉、赤肉、生 Meat, lean, raw | 0 | 110 | 460 | 74.6 | 22.8 | - | 1.5 | 0.9 | 0.5 | 1.1 | 58 | 380 | 4 | 26 | 200 | 3.1 | 3.1 | 0.16 | 0.02 | - | - | - | 3 | - | - | - | (0) | 3 | Tr | 0.5 | 0 | 0 | 0 | 4 | 0.21 | 0.35 | 6.0 | 0.54 | 0.6 | 1 | 0.61 | - | 1 | 0.44 | 0.26 | 0.20 | 69 | (0) | (0) | (0) | 0.1 | 輸入増産品 ¹¹⁾ | | | | | | | | | |
| 11115 | ぶた Swine 【大肥種肉】 Picnic shoulder かた 膾身つき、生 Lean and fat, raw | 0 | 216 | 904 | 65.7 | 18.5 | - | 14.6 | 14.0 | 0.2 | 1.0 | 53 | 320 | 4 | 21 | 180 | 0.5 | 2.7 | 0.09 | 0.01 | - | - | - | 5 | - | - | - | 0 | 5 | 0.2 | 0.3 | 0 | Tr | 0 | 1 | 0.88 | 0.23 | 4.9 | 0.32 | 0.4 | 2 | 1.16 | - | 2 | 5.25 | 6.50 | 1.65 | 65 | (0) | (0) | (0) | 0.1 | 皮下脂肪 ¹²⁾ 2.2%、筋肉脂肪 ¹³⁾ 7.5% | | | | | | | | | |
| 11116 | 皮下脂肪なし、生 Without subcutaneous fat, raw | 0 | 171 | 716 | 69.8 | 19.7 | - | 9.3 | 8.8 | 0.2 | 1.0 | 55 | 340 | 4 | 22 | 190 | 0.4 | 2.9 | 0.09 | 0.01 | - | - | - | 4 | - | - | - | 0 | 4 | 0.2 | 0.3 | 0 | Tr | 0 | 1 | 0.71 | 0.25 | 6.3 | 0.34 | 0.4 | 2 | 1.23 | - | 2 | 3.25 | 4.10 | 1.04 | 64 | (0) | (0) | (0) | 0.1 | 筋肉脂肪 ¹³⁾ 8.0% | | | | | | | | | |

1) Commercial product 2) Without skin 3) Bones 4) Excluding unidentified fatty acids 5) Some products may contain ascorbic acid as antioxidant 6) With liquid 7) Including vitamin E as antioxidant 8) Minke whale 9) Salted, sliced and boiled tall fuke 10) Red deer 11) Imported frozen product 12) Subcutaneous fat 13) Intermuscular fat

11 肉類

| 食品番号 Item No. | 食品名 Food and description | 可食部 100g 当たり per 100 g edible portion | | | | | | | | | | | | | | | | | | | | | | | | 備考 Remarks | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------|--|---------------------------------------|-----------------|------------------|-------------|--------------------|-----------|------------------|-------------------|------------------|---------------------|------------------|-----------|------------|-------------|-------------------|-----------------|------------------|-----------------|---------------------|------------------|----------------------|----------------------|--------------------------------|--------------------------|---------------|-----------------------|---|--------------------|------------------------|--------------------|-------------------|----------------------|------------------|----------------------|------------------------|----------------------|----------------|--------------------------|--------------------------------|--|--|------------------------|------------|----------------|------------------|-------------|------|-----|-----|-----|-----|--|---|
| | | 水分 Moisture | エネルギー Energy | たんぱく質 Protein | 脂質 Lipid | 糖質 Carbohydrate | 灰分 Ash | ミネラル Minerals | | | | | | | | | | ビタミン Vitamins | | | | | | | 食塩相当量 Salt equivalent | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | ナトリウム Sodium | カリウム Potassium | カルシウム Calcium | マグネシウム Magnesium | リン Phosphorus | 鉄 Iron | 亜鉛 Zinc | 銅 Copper | マンガン Manganese | セレン Selenium | ヨウ素 Iodine | クロム Chromium | モリブデン Molybdenum | レチノール Retinol | β-カロテン β-Carotene | α-カロテン α-Carotene | β-クリプトキサンチン β-Cryptoxanthin | | | β-イオノカロテン β-Ionone | レチノール当量 Retinol activity equivalents | ビタミンD Vitamin D | トコフェロール Tocopherols | ビタミンK Vitamin K | ビタミンB1 Thiamin | ビタミンB2 Riboflavin | ナイアシン Nicotin | ビタミンB6 Vitamin B6 | ビタミンB12 Vitamin B12 | パント酸 Pantoic acid | ビオチン Biotin | アスコルビク酸 Ascorbic acid | 飽和脂肪酸 Saturated fatty acids | 一不飽和脂肪酸 Monounsaturated fatty acids | 多不飽和脂肪酸 Polyunsaturated fatty acids | コレステロール Cholesterol | 食塩 Salt | 水溶性 Soluble | 不溶性 Insoluble | 総量 Total | | | | | | | |
| % | kcal | g | g | g | g | g | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | mg | | | | | | | | | | | | | | |
| 11163 | [ひき肉] [Ground meat] 生 Raw | 0 | 221 | 925 | 85.4 | 18.0 | 14.9 | 16.1 | 14.8 | 0 | 0.9 | 88 | 310 | 8 | 19 | 170 | 1.1 | 2.5 | 0.07 | 0.01 | - | - | - | - | 12 | - | - | - | Tr | 12 | 0.5 | 0.4 | 0 | Tr | 0 | 8 | 0.22 | 0.22 | 5.8 | 0.33 | 0.4 | 2 | 1.80 | - | 2 | 5.71 | 6.53 | 1.72 | 76 | (0) | (0) | (0) | 0.1 | |
| 11164 | [副生物] [Offals] 舌 Tongue 生 Raw | 0 | 221 | 925 | 86.7 | 15.9 | 12.3 | 16.3 | 16.2 | 0.1 | 1.0 | 80 | 220 | 8 | 16 | 160 | 2.3 | 2.0 | 0.20 | - | - | - | - | 7 | - | - | - | Tr | 7 | 2.0 | 0.3 | 0 | 0 | 0 | Tr | 0.37 | 0.43 | 4.8 | 0.21 | 2.2 | 4 | 1.49 | - | 3 | 5.79 | 7.34 | 1.38 | 110 | (0) | (0) | (0) | 0.2 | *未測定脂肪(26 mg)を含まない ¹⁾ | |
| 11165 | 心臓 Heart 生 Raw | 0 | 135 | 565 | 75.7 | 16.2 | 13.1 | 7.0 | 5.0 | 0.1 | 1.0 | 80 | 270 | 5 | 17 | 170 | 3.5 | 1.7 | 0.35 | - | - | - | - | 9 | - | - | - | Tr | 9 | 0.7 | 0.4 | 0 | 0 | 0 | 1 | 0.38 | 0.95 | 6.0 | 0.32 | 2.5 | 5 | 2.70 | - | 4 | 2.10 | 1.74 | 0.88 | 110 | (0) | (0) | (0) | 0.2 | *未測定脂肪(12 mg)を含まない ¹⁾ | |
| 11166 | 肝臓 Liver 生 Raw | 0 | 128 | 530 | 72.0 | 20.4 | 18.9 | 3.4 | 1.9 | 2.5 | 1.7 | 55 | 280 | 5 | 20 | 340 | 13.0 | 6.9 | 0.99 | - | 1 | 87 | 0 | 120 | 13000 | - | - | - | Tr | 13000 | 1.3 | 0.4 | 0 | 0 | 0 | Tr | 0.34 | 3.60 | 14.0 | 0.57 | 25.2 | 810 | 7.19 | 79.8 | 20 | 0.78 | 0.24 | 0.78 | 280 | (0) | (0) | (0) | 0.1 | *未測定脂肪(40 mg)を含まない ¹⁾ |
| 11167 | じん臓 Kidney 生 Raw | 0 | 114 | 477 | 79.0 | 14.1 | 11.1 | 5.8 | 3.3 | Tr | 1.1 | 160 | 200 | 7 | 11 | 220 | 3.7 | 2.4 | 0.41 | - | 2 | 240 | 0 | 72 | 76 | - | - | - | Tr | 76 | 1.7 | 0.2 | 0 | 0 | 0 | 8 | 0.33 | 1.75 | 6.0 | 0.43 | 15.3 | 130 | 4.38 | 99.5 | 15 | 1.30 | 0.88 | 1.00 | 370 | (0) | (0) | (0) | 0.4 | |
| 11168 | 胃 Stomach ゆで Boiled | 0 | 121 | 506 | 76.8 | 17.4 | - | 5.1 | 4.1 | 0 | 0.7 | 100 | 180 | 9 | 15 | 140 | 1.5 | 2.4 | 0.19 | 0.05 | - | - | - | - | 4 | - | - | - | (0) | 4 | 0.5 | 0.4 | 0 | 0 | 0 | 14 | 0.10 | 0.23 | 2.8 | 0.04 | 0.8 | 31 | 0.89 | - | 5 | 2.02 | 1.48 | 0.43 | 250 | (0) | (0) | (0) | 0.3 | 市販品 ²⁾ |
| 11169 | 小腸 Small intestine ゆで Boiled | 0 | 171 | 715 | 73.7 | 14.0 | - | 11.9 | 11.1 | 0 | 0.4 | 13 | 14 | 21 | 13 | 130 | 1.4 | 2.0 | 0.06 | 0.04 | - | - | - | - | 15 | - | - | - | (0) | 15 | 0.3 | 0.3 | 0 | 0 | 0 | 5 | 0.01 | 0.03 | 0.1 | 0 | 0.4 | 17 | 0.24 | - | 0 | 5.93 | 3.88 | 0.85 | 240 | (0) | (0) | (0) | 0 | 市販品 ²⁾ |
| 11170 | 大腸 Large intestine ゆで Boiled | 0 | 179 | 749 | 74.1 | 11.7 | - | 13.8 | 12.9 | 0 | 0.4 | 21 | 27 | 15 | 10 | 93 | 1.6 | 1.8 | 0.12 | 0.03 | - | - | - | - | 8 | - | - | - | (0) | 8 | 0.5 | 0.5 | 0 | 0 | 0 | 28 | 0.03 | 0.07 | 0.1 | 0 | 1.0 | 25 | 0.27 | - | 0 | 6.58 | 4.42 | 1.22 | 210 | (0) | (0) | (0) | 0.1 | 市販品 ²⁾ |
| 11171 | 子宮 Uterus 生 Raw | 0 | 70 | 293 | 83.8 | 14.6 | - | 0.9 | 0.5 | 0 | 0.7 | 130 | 180 | 7 | 8 | 100 | 1.3 | 1.3 | 0.11 | 0.01 | - | - | - | - | 8 | - | - | - | (0) | 8 | 0.2 | 0.2 | 0 | 0 | 0 | 5 | 0.08 | 0.14 | 2.2 | 0.01 | 3.8 | 8 | 0.38 | - | 11 | 0.18 | 0.18 | 0.11 | 170 | (0) | (0) | (0) | 0.3 | |
| 11172 | 豚足 Feet ゆで Boiled | 40 | 230 | 962 | 82.7 | 20.1 | - | 16.8 | 16.3 | Tr | 0.4 | 110 | 50 | 12 | 5 | 32 | 1.4 | 1.0 | 0.07 | - | - | - | - | 6 | - | - | - | (0) | 6 | 1.0 | 0.4 | 0 | 0 | 0 | 1 | 0.05 | 0.12 | 0.7 | 0.02 | 0.4 | 1 | 0.16 | - | 0 | 4.99 | 9.21 | 1.35 | 110 | (0) | (0) | (0) | 0.3 | 皮付きのもの ³⁾ *骨 ⁴⁾ 別名：ふえがらみ | |
| 11173 | 軟骨 Cartilage ゆで Boiled | 0 | 231 | 967 | 83.5 | 17.8 | - | 17.9 | 17.3 | 0 | 0.6 | 120 | 110 | 100 | 13 | 120 | 1.6 | 1.5 | 0.11 | 0.02 | - | - | - | - | 7 | - | - | - | (0) | 7 | 0.5 | 0.1 | 0 | 0 | 0 | 13 | 0.08 | 0.15 | 1.7 | 0.05 | 0.6 | 2 | 0.47 | - | 2 | 7.11 | 7.31 | 2.08 | 140 | (0) | (0) | (0) | 0.3 | 市販品 ²⁾ |
| 11174 | [ハム類] [Hams] 骨付 Bone-in | 10 | 219 | 916 | 82.9 | 18.7 | - | 16.6 | 14.4 | 0.6 | 3.0 | 970 | 200 | 8 | 19 | 210 | 0.7 | 1.6 | 0.05 | 0.01 | - | - | - | - | 4 | - | - | - | (0) | 4 | 0.5 | 0.2 | Tr | Tr | Tr | 4 | 0.24 | 0.24 | 3.5 | 0.25 | 1.1 | Tr | 0.66 | - | 39 | 5.15 | 6.98 | 1.70 | 84 | (0) | (0) | (0) | 2.5 | 皮及び骨 ⁴⁾ *添加品を含む ⁶⁾ |
| 11175 | ボンレス Boneless | 0 | 118 | 494 | 72.0 | 18.7 | - | 4.0 | 3.4 | 1.8 | 3.5 | 1100 | 280 | 8 | 20 | 340 | 0.7 | 1.6 | 0.07 | 0.01 | - | - | - | - | Tr | - | - | - | (0) | (Tr) | 0.6 | 0.2 | 0 | Tr | Tr | 2 | 0.90 | 0.28 | 6.5 | 0.24 | 1.3 | 1 | 0.70 | - | 49 | 1.18 | 1.46 | 0.58 | 49 | (0) | (0) | (0) | 2.8 | *添加品を含む ⁶⁾ |
| 11176 | ロース Loin | 0 | 198 | 820 | 85.0 | 16.6 | - | 13.9 | 12.8 | 1.3 | 3.3 | 1000 | 280 | 10 | 19 | 340 | 0.5 | 1.1 | 0.07 | - | - | - | - | Tr | - | - | - | (0) | (Tr) | 0.8 | 0.3 | 0 | 0 | 0 | 3 | 0.60 | 0.12 | 6.8 | 0.23 | 0.4 | 2 | 0.57 | - | 50 | 4.99 | 5.87 | 1.38 | 40 | (0) | (0) | (0) | 2.5 | *未測定脂肪(3 mg)を含まない ¹⁾ *添加品を含む ⁶⁾ | |
| 11177 | ショルダー Shoulder | 0 | 231 | 967 | 82.7 | 18.1 | - | 18.2 | 16.2 | 0.6 | 2.4 | 840 | 280 | 7 | 18 | 270 | 1.0 | 2.0 | 0.09 | 0.02 | - | - | - | - | 4 | - | - | - | (0) | 4 | 0.2 | 0.3 | 0 | 0.1 | Tr | 2 | 0.70 | 0.35 | 5.7 | 0.27 | 1.9 | 2 | 0.92 | - | 55 | 5.91 | 7.40 | 2.21 | 56 | (0) | (0) | (0) | 1.6 | *添加品を含む ⁶⁾ *骨 ⁴⁾ |
| 11178 | プレス Pressed | 0 | 118 | 494 | 73.3 | 15.4 | - | 4.5 | 3.7 | 3.9 | 2.9 | 930 | 150 | 8 | 13 | 280 | 1.2 | 1.5 | 0.09 | 0.03 | - | - | - | - | Tr | - | - | - | (0) | (Tr) | 0.3 | 0.3 | 0 | 0.1 | 0.1 | 3 | 0.58 | 0.18 | 3.8 | 0.14 | 1.8 | 3 | 0.50 | - | 43 | 1.51 | 1.56 | 0.44 | 43 | (0) | (0) | (0) | 2.4 | *添加品を含む ⁶⁾ *骨 ⁴⁾ |
| 11179 | 混合プレス Mixed pressed | 0 | 107 | 448 | 75.8 | 14.4 | - | 4.1 | 3.4 | 3.0 | 2.7 | 880 | 140 | 11 | 12 | 210 | 1.1 | 1.7 | 0.06 | 0.04 | - | - | - | - | Tr | - | - | - | (0) | (Tr) | 0.4 | 0.4 | 0 | 0.4 | 0.2 | 6 | 0.10 | 0.18 | 1.8 | 0.08 | 2.1 | 5 | 0.29 | - | 31 | 1.32 | 1.38 | 0.58 | 31 | (0) | (0) | (0) | 2.2 | 主原料：マト ⁷⁾ *添加品を含む ⁶⁾ |

1) Excluding unidentified fatty acids 2) Commercial product 3) With skin 4) Bones 5) Skin and bones 6) Including ascorbic acid as antioxidant 7) Main ingredient : mutton

11 肉類

| 食品番号 Item No. | 食品名 Food and description | 種別 Refuse | 可食部 100g 当たり per 100g edible portion | | | | | | | | | | | | | 水分 Water | エネルギー Energy | ビタミン Vitamins | | | | | | | | | | | | | 食物繊維 Dietary fiber | | | | 備考 Remarks | |
|------------------|--|--------------|---|------------------|-----------|----------------------|----------|-----------------|-------------------|------------------|---------------------|------------------|-----------|------------|-------------|-------------|-----------------|-------------------|-----------------|---------------|---------------------|----------------------|---------------------------------------|-------------------|----------------------|---------------------|----------------------|------------------------|----------------|------------------------|-----------------------|----------------|------------------|-------------|----------------------------------|-----------------------------------|
| | | | 水分 Water | たんぱく質 Protein | 脂質 Fat | 炭水化物 Carbohydrate | 灰 Ash | ナトリウム Sodium | カリウム Potassium | カルシウム Calcium | マグネシウム Magnesium | リン Phosphorus | 鉄 Iron | 亜鉛 Zinc | 銅 Copper | | | マンガン Manganese | セレン Selenium | ヨウ素 Iodine | モリブデン Molybdenum | β-カロテン β-Carotene | ビタミンA Retinol activity equivalents | ビタミンB1 Thiamin | ビタミンB2 Riboflavin | ビタミンB6 Pyridoxin | ビタミンB12 Cobalamin | パントテン酸 Pantoic acid | ビオチン Biotin | ビタミンC Ascorbic acid | 脂質 Fatty acids | 可溶性 Soluble | 不溶性 Insoluble | 合計 Total | | |
| | | g | g | g | g | g | g | g | g | g | g | g | g | g | g | g | g | g | g | g | g | g | g | g | g | g | g | g | g | g | g | g | g | g | | |
| 11180 | チョップド 生ハム Chopped Uncooked ham | 0 | 135 | 565 | 88.0 | 11.7 | - | 4.2 | 3.8 | 12.7 | 3.4 | 1000 | 290 | 16 | 17 | 260 | 0.8 | 1.5 | 0.08 | 0.03 | - | - | - | - | - | - | - | - | - | - | - | - | - | - | 2.6 | *添加品を含む ¹⁾ |
| 11181 | 促成 長頸鰯成 Fresh Ripened | 0 | 247 | 1033 | 55.0 | 24.0 | - | 16.6 | 16.0 | 0.5 | 3.9 | 1100 | 470 | 6 | 27 | 200 | 0.7 | 2.2 | 0.06 | 0.02 | - | - | - | - | - | - | - | - | - | - | - | - | - | - | 2.8 | *添加品を含む ²⁾ |
| 11182 | ベーコン類 [ベーコン類] | 0 | 268 | 1121 | 49.5 | 23.7 | - | 18.4 | 18.0 | 0 | 6.4 | 2200 | 480 | 11 | 26 | 200 | 1.2 | 3.0 | 0.11 | 0.03 | - | - | - | - | - | - | - | - | - | - | - | - | - | 5.6 | *添加品を含む ¹⁾ | |
| 11183 | ベーコン Bacon | 0 | 405 | 1695 | 45.0 | 12.6 | - | 30.1 | 36.1 | 0.3 | 2.7 | 800 | 210 | 6 | 18 | 230 | 0.8 | 1.8 | 0.06 | - | - | - | - | - | - | - | - | - | - | - | - | - | - | 2.0 | *水溶性脂肪(61 mg)を含まない ⁴⁾ | |
| 11184 | ロース Loin | 0 | 211 | 883 | 82.5 | 18.8 | - | 14.6 | 12.8 | 3.2 | 2.9 | 870 | 280 | 6 | 19 | 270 | 0.5 | 1.2 | 0.04 | 0.01 | - | - | - | - | - | - | - | - | - | - | - | - | - | 2.2 | *添加品を含む ¹⁾ | |
| 11185 | ショルダー Shoulder | 0 | 188 | 778 | 65.4 | 17.2 | - | 11.9 | 10.4 | 2.5 | 3.0 | 840 | 240 | 12 | 17 | 280 | 0.8 | 1.8 | 0.07 | 0.02 | - | - | - | - | - | - | - | - | - | - | - | - | - | 2.4 | *添加品を含む ¹⁾ | |
| 11186 | ソーセージ類 [ソーセージ類] | 0 | 321 | 1343 | 53.0 | 13.2 | - | 28.5 | 27.5 | 3.0 | 2.3 | 730 | 180 | 7 | 13 | 190 | 0.8 | 1.4 | 0.07 | - | - | - | - | - | - | - | - | - | - | - | - | - | - | 1.9 | *水溶性脂肪(63 mg)を含まない ⁴⁾ | |
| 11187 | ウインナー Vienna | 0 | 339 | 1418 | 49.0 | 15.4 | - | 29.7 | 28.9 | 2.6 | 3.3 | 1100 | 250 | 10 | 17 | 220 | 1.9 | 2.6 | 0.12 | 0.06 | - | - | - | - | - | - | - | - | - | - | - | - | - | 2.8 | *添加品を含む ¹⁾ | |
| 11188 | セミドライ ドライ Dry | 0 | 497 | 2079 | 24.8 | 25.4 | - | 43.0 | 40.6 | 2.1 | 4.7 | 1400 | 370 | 14 | 22 | 240 | 2.5 | 4.0 | 0.12 | 0.09 | - | - | - | - | - | - | - | - | - | - | - | - | - | 3.6 | *添加品を含む ¹⁾ | |
| 11189 | フランクフルト Frankfurter | 0 | 286 | 1247 | 54.0 | 12.7 | - | 24.7 | 24.2 | 6.2 | 2.4 | 740 | 200 | 12 | 13 | 170 | 0.9 | 1.8 | 0.08 | 0.05 | - | - | - | - | - | - | - | - | - | - | - | - | - | 1.9 | *添加品を含む ¹⁾ | |
| 11190 | ボロニア Bologna | 0 | 251 | 1050 | 60.9 | 12.5 | - | 21.0 | 20.5 | 2.9 | 2.7 | 830 | 180 | 9 | 13 | 210 | 1.0 | 1.5 | 0.10 | 0.05 | - | - | - | - | - | - | - | - | - | - | - | - | - | 2.1 | *添加品を含む ¹⁾ | |
| 11191 | リオナ Lyoner | 0 | 182 | 803 | 65.2 | 14.9 | - | 13.1 | 12.4 | 3.7 | 3.1 | 910 | 200 | 13 | 16 | 240 | 1.0 | 1.7 | 0.11 | 0.06 | - | - | - | - | - | - | - | - | - | - | - | - | - | 2.3 | *添加品を含む ¹⁾ | |
| 11192 | レバー Liver | 0 | 368 | 1540 | 47.7 | 14.7 | - | 33.6 | 24.7 | 1.9 | 2.2 | 650 | 150 | 16 | 14 | 200 | 3.2 | 2.2 | 0.14 | 0.16 | - | - | - | - | - | - | - | - | - | - | - | - | - | 1.7 | | |
| 11193 | 混合 Mixed | 0 | 270 | 1130 | 58.2 | 11.8 | - | 22.7 | 16.8 | 4.7 | 2.6 | 850 | 110 | 17 | 13 | 190 | 1.3 | 1.4 | 0.10 | 0.12 | - | - | - | - | - | - | - | - | - | - | - | - | - | 2.2 | *添加品を含む ¹⁾ | |
| 11194 | 生ソーセージ Fresh sausage | 0 | 279 | 1167 | 58.6 | 14.0 | - | 24.4 | 24.0 | 0.6 | 2.2 | 890 | 200 | 8 | 14 | 140 | 0.9 | 1.7 | 0.06 | 0.06 | - | - | - | - | - | - | - | - | - | - | - | - | - | 1.7 | 別名：フレッッシュソーセージ | |
| 11195 | 焼き豚 Roast pork | 0 | 172 | 720 | 64.3 | 19.4 | - | 8.2 | 7.2 | 5.1 | 3.0 | 930 | 280 | 9 | 20 | 260 | 0.7 | 1.3 | 0.06 | 0.04 | - | - | - | - | - | - | - | - | - | - | - | - | - | 2.4 | 市販品 ¹⁾ 。蒸し焼きにしたもの | |
| 11196 | レバーペースト Liver paste | 0 | 378 | 1592 | 45.8 | 12.9 | - | 34.7 | 33.1 | 3.6 | 3.0 | 880 | 160 | 27 | 15 | 280 | 7.7 | 2.9 | 0.33 | 0.26 | - | - | - | - | - | - | - | - | - | - | - | - | - | 2.2 | *添加品を含む ¹⁾ | |
| 11197 | スモークレバー Smoked liver | 0 | 198 | 828 | 57.6 | 29.6 | - | 7.7 | 4.5 | 2.6 | 2.5 | 690 | 280 | 8 | 24 | 360 | 18.8 | 8.7 | 0.92 | 0.30 | - | - | - | - | - | - | - | - | - | - | - | - | - | 1.6 | | |
| 11198 | ゼラチン Gelatin | 0 | 344 | 1439 | 11.3 | 87.6 | 84.0 | 0.8 | - | 0 | 0.8 | 280 | 8 | 16 | 3 | 7 | 0.7 | 0.1 | 0.01 | 0.03 | - | - | - | - | - | - | - | - | - | - | - | - | - | 0.7 | 家庭用 ⁹⁾ | |
| 11199 | めんよう Sheep [マトン] [Muttons] ロース Loin | 0 | 236 | 887 | 64.2 | 17.9 | - | 17.0 | 13.7 | 0.1 | 0.8 | 85 | 220 | 5 | 16 | 120 | 2.3 | 2.9 | 0.06 | 0.01 | - | - | - | - | - | - | - | - | - | - | - | - | - | - | 0.1 | *水溶性脂肪(370 mg)を含まない ⁴⁾ |
| 11200 | もも Leg | 0 | 224 | 937 | 65.0 | 18.8 | - | 15.3 | 13.6 | 0.1 | 0.8 | 37 | 230 | 4 | 21 | 140 | 2.5 | 3.4 | 0.13 | 0.01 | - | - | - | - | - | - | - | - | - | - | - | - | - | 0.1 | | |

1) Including ascorbic acid as antioxidant 2) Including Lachschschinken 3) Including Prosciutto 4) Excluding unidentified fatty acids 5) Including soft salami 6) Including salami 7) Commercial product 8) For home use 9) Imported from New Zealand and Australia

11 肉類

| 食品番号 Item No. | 食品名 Food and description | 水分 Moisture | エネルギー Energy | たんぱく質 Protein | 脂質 Fat | 糖質 Carbohydrate | 灰分 Ash | 可食部 100g 当たり per 100g edible portion | | | | | | | | | | | | | | | | | | | | 備考 Remarks | | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------|---|----------------|-----------------|------------------|-----------|--------------------|-----------|---|-------------------|------------------|---------------------|------------------|-----------|------------|-------------|-------------------|-----------------|------------------|-----------------|---------------------|------------------|----------------------|----------------------|-----------------------------|------------------------------|------------------------|---|---------------|--------------------|------------------------|--------|--------|--------|--------|--------------------|----------------------------------|----------------------------------|-------------------------|----------------------------------|------------------------------------|--------------|----------------------|----------------|--------------------------|--------------------------------|---|---|------------------------|--------------------------|-----|-----|--|---------------------------------|
| | | | | | | | | ミネラル Minerals | | | | | | | | | | ビタミン Vitamins | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | ナトリウム Sodium | カリウム Potassium | カルシウム Calcium | マグネシウム Magnesium | リン Phosphorus | 鉄 Iron | 亜鉛 Zinc | 銅 Copper | マンガン Manganese | セレン Selenium | ヨウ素 Iodine | クロム Chromium | モリブデン Molybdenum | レチノール Retinol | α-カロテン α-Carotene | β-カロテン β-Carotene | β-クリプトタン β-Cryptoxanthin | β-イオノキサントール β-Ionoxanthol | β-カロチノール β-Carotene | レチノール当量 Retinol activity equivalents | | ビタミンD Vitamin D | トコフェロール Tocopherols | α a | β β | γ γ | δ δ | ビタミンK Vitamin K | B ₁ B ₁ | B ₂ B ₂ | ナイアシン Nicotinic acid | B ₆ B ₆ | B ₁₂ B ₁₂ | 葉酸 Folate | パント酸 Pantoic acid | ビオチン Biotin | アスコルビク酸 Ascorbic acid | 飽和脂肪酸 Saturated fatty acids | 一価不飽和脂肪酸 Monounsaturated fatty acids | 多価不飽和脂肪酸 Polyunsaturated fatty acids | コレステロール Cholesterol | 食塩相当量 Salt equivalent | | | | |
| 11201 | [ラム] [Lamb] かた Shoulder 脂身つき、生 Lean and fat, raw | 0 | 238 | 976 | 84.8 | 17.1 | 16.3 | 0.1 | 0.8 | 70 | 310 | 4 | 23 | 120 | 2.2 | 5.0 | 0.13 | - | - | - | - | - | - | 8 | - | - | - | (0) | 8 | 0.9 | 0.5 | 0 | 0 | 0 | 23 | 0.13 | 0.28 | 4.2 | 0.12 | 2.0 | 2 | 0.04 | - | 1 | 7.82 | 6.38 | 0.81 | 80 | (0) | (0) | (0) | 0.2 | ニュージーランド、オーストラリア産 ¹⁾ |
| 11202 | ロース Loin 脂身つき、生 Lean and fat, raw | 0 | 227 | 960 | 86.0 | 18.0 | 16.0 | 12.5 | 0.1 | 0.8 | 66 | 270 | 8 | 16 | 100 | 1.5 | 2.8 | 0.08 | 0.01 | 1 | 4 | 1 | Tr | 10 | - | - | - | (0) | 10 | - | 0.5 | 0 | 0 | 0 | 9 | 0.13 | 0.22 | 4.3 | 0.31 | 1.1 | 1 | 0.88 | 2.0 | 1 | 6.73 | 6.48 | 0.78 | 73 | (0) | (0) | 0.1 | *未測定脂肪(600 mg)を含まない ²⁾ | |
| 11203 | もも Leg 脂身つき、生 Lean and fat, raw | 0 | 217 | 908 | 85.5 | 18.0 | 14.4 | 12.5 | 0.2 | 0.8 | 60 | 330 | 5 | 22 | 140 | 2.0 | 3.3 | 0.11 | 0.01 | - | - | - | - | 6 | - | - | - | (0) | 6 | 0.3 | 0.4 | 0 | 0 | 0 | 18 | 0.24 | 0.33 | 5.7 | 0.25 | 1.7 | 1 | 0.84 | - | 1 | 6.74 | 6.78 | 0.45 | 88 | (0) | (0) | 0.2 | | |
| 11204 | やぎ Goat 肉、赤肉、生 Meat, lean, raw | 0 | 107 | 448 | 75.4 | 21.9 | 18.5 | 1.5 | 1.0 | 0.2 | 1.0 | 45 | 310 | 7 | 25 | 170 | 3.8 | 4.7 | 0.11 | 0.02 | - | - | - | 3 | - | - | - | 0 | 3 | 0 | 1.0 | 0 | 0 | 2 | 0.07 | 0.28 | 6.7 | 0.28 | 2.8 | 2 | 0.45 | - | 1 | 0.38 | 0.35 | 0.18 | 70 | (0) | (0) | 0.1 | | | |
| 11205 | <鳥肉類> <POULTRIES> あいがも Aigamo ³⁾ 肉、皮つき、生 Meat, with skin, raw | 0 | 333 | 1393 | 56.0 | 14.2 | 29.0 | 28.2 | 0.1 | 0.7 | 82 | 220 | 6 | 18 | 130 | 1.8 | 1.4 | 0.26 | 0.02 | - | - | - | - | 46 | - | - | - | (0) | 46 | 1.0 | 0.2 | 0 | 0.2 | 0 | 21 | 0.24 | 0.35 | 3.8 | 0.32 | 1.1 | 2 | 1.87 | - | 1 | 8.02 | 13.32 | 5.66 | 98 | (0) | (0) | 0.2 | 輸入冷凍品 ⁴⁾ | |
| 11206 | あひる Duck, domesticated 肉、皮つき、生 Meat, with skin, raw | 0 | 450 | 1883 | 44.7 | 12.2 | 42.3 | 40.0 | 0.1 | 0.7 | 47 | 300 | 15 | 15 | 85 | 1.8 | 1.2 | 0.17 | 0.02 | 3 | 42 | 1 | 3 | 160 | - | - | - | Tr | 160 | 32.5 | 0.2 | Tr | 0.1 | 0 | 8 | 0.22 | 0.30 | 3.5 | 0.38 | 0.6 | 2 | 1.13 | 4.9 | 2 | 11.78 | 20.88 | 5.80 | 82 | (0) | (0) | 0.1 | | |
| 11207 | うずら Japanese quail 肉、皮つき、生 Meat, with skin, raw | 0 | 208 | 870 | 86.4 | 20.6 | 12.9 | 11.9 | 0.1 | 1.1 | 35 | 280 | 15 | 27 | 100 | 2.9 | 0.8 | 0.11 | 0.02 | - | - | - | - | 45 | - | - | - | Tr | 45 | 0.1 | 0.8 | Tr | 0.2 | 0 | 53 | 0.12 | 0.50 | 5.8 | 0.53 | 0.7 | 11 | 1.85 | - | Tr | 2.93 | 3.88 | 4.60 | 120 | (0) | (0) | 0.1 | | |
| 11208 | かも Duck, wild 肉、皮なし、生 Meat, without skin, raw | 0 | 128 | 536 | 72.1 | 23.6 | 3.0 | 2.2 | 0.1 | 1.2 | 72 | 400 | 5 | 27 | 280 | 4.3 | 1.4 | 0.36 | 0.03 | - | - | - | - | 15 | - | - | - | Tr | 15 | 3.1 | Tr | 0 | 0 | 0 | 14 | 0.40 | 0.69 | 9.3 | 0.61 | 3.5 | 3 | 2.17 | - | 1 | 0.70 | 0.86 | 0.55 | 89 | (0) | (0) | 0.2 | 標準和名：まがも 皮下脂肪を除いたもの ⁵⁾ | |
| 11209 | きじ Common pheasant 肉、皮なし、生 Meat, without skin, raw | 0 | 108 | 452 | 75.0 | 23.0 | 1.1 | 0.8 | 0.1 | 0.8 | 38 | 220 | 8 | 27 | 190 | 1.0 | 1.0 | 0.10 | 0.03 | - | - | - | - | 7 | - | - | - | Tr | 7 | 0.5 | 0.3 | 0 | 0 | 0 | 19 | 0.08 | 0.24 | 8.4 | 0.65 | 1.7 | 12 | 1.07 | - | 1 | 0.28 | 0.28 | 0.22 | 73 | (0) | (0) | 0.1 | 輸入冷凍品 ⁴⁾ 皮下脂肪を除いたもの ⁵⁾ | |
| 11210 | しちめんちよう Turkey 肉、皮なし、生 Meat, without skin, raw | 0 | 108 | 444 | 74.8 | 23.6 | 18.5 | 0.7 | 0.4 | 0.1 | 1.1 | 37 | 190 | 8 | 29 | 140 | 1.1 | 0.8 | 0.05 | 0.02 | - | - | - | Tr | - | - | - | Tr | Tr | 0.1 | Tr | 0 | 0 | 0 | 18 | 0.07 | 0.24 | 7.0 | 0.72 | 0.6 | 10 | 1.51 | - | 2 | 0.15 | 0.13 | 0.15 | 82 | (0) | (0) | 0.1 | 皮下脂肪を除いたもの ⁵⁾ | |
| 11211 | すずめ Sparrow 肉、骨、皮つき、生 Meat, with bone and skin, raw | 0 | 132 | 552 | 72.2 | 18.1 | 5.9 | 4.6 | 0.1 | 3.7 | 80 | 160 | 1100 | 42 | 860 | 8.0 | 2.7 | 0.41 | 0.12 | - | - | - | - | 15 | - | - | - | Tr | 15 | 0.2 | 0.2 | 0 | 0.1 | 0 | 4 | 0.28 | 0.80 | 2.8 | 0.59 | 5.0 | 16 | 4.56 | - | Tr | 1.84 | 1.53 | 1.01 | 230 | (0) | (0) | 0.2 | 輸入冷凍品 ⁴⁾ くちばし、内臓及び足先を除いたもの ⁵⁾ | |
| 11212 | にわとり Chicken [家禽肉] [Fowl meats] 手羽 Wing 皮つき、生 With skin, raw | 40 | 185 | 818 | 86.0 | 23.0 | 10.4 | 9.8 | 0 | 0.8 | 44 | 120 | 18 | 14 | 100 | 1.2 | 1.7 | 0.05 | 0.01 | - | - | - | - | 60 | - | - | - | Tr | 60 | 0.1 | 0.1 | 0 | 0.1 | 0 | 70 | 0.04 | 0.11 | 3.3 | 0.20 | 0.7 | 10 | 1.39 | - | 1 | 2.06 | 4.80 | 2.34 | 140 | (0) | (0) | 0.1 | *骨 ⁶⁾ | |
| 11213 | むね Breast 皮つき、生 With skin, raw | 0 | 244 | 1021 | 82.8 | 18.5 | 17.2 | 16.5 | 0 | 0.7 | 31 | 190 | 4 | 20 | 120 | 0.3 | 0.7 | 0.05 | 0.01 | - | - | - | - | 72 | - | - | - | Tr | 72 | 0.1 | 0.2 | 0 | 0.1 | 0 | 50 | 0.05 | 0.08 | 7.8 | 0.35 | 0.3 | 5 | 0.97 | - | 1 | 5.19 | 8.20 | 2.37 | 88 | (0) | (0) | 0.1 | 皮及び皮下脂肪 ⁵⁾ 32.8% | |

1) Imported from New Zealand and Australia 2) Excluding unidentified fatty acids 3) Crossbred duck (domesticated × wild) 4) Imported frozen product 5) Without subcutaneous fat 6) Without bill, offal and leg 7) Bones 8) Skin and subcutaneous fat

11 肉類

| 食品番号 Item No. | 食品名 Food and description | 水分 % kg | エネルギー kcal kJ | たんぱく質 g | 脂質 g | 炭水化物 g | 繊維質 g | 可食部 100g 当たり per 100 g edible portion | | | | | | | | | | | | | | | | | | | | | | 備考 Remarks | | | | |
|------------------|---|---------------|---------------------|----------------------|--|-----------|----------|--|------------|-------------|--------------|----------|---------|----------|---------|------------|-----------|-----------|-------------|--------------|-------------|------------------------|-------------|--------------|--------------|-------------|--------------|---------------|-------------|---------------|------------|-----------------|--|------------------------------|
| | | | | | | | | ナトリウム mg | カリウム mg | カルシウム mg | マグネシウム mg | リン mg | 鉄 mg | 亜鉛 mg | 銅 mg | マンガン mg | セレン μg | クロム μg | モリブデン μg | ビタミン | | | | ミネラル | | | | 食料繊維 | | | 食塩相当量 g | | | |
| | | | | | | | | | | | | | | | | | | | | β-カロテン μg | ビタミンD μg | ビタミンE α β γ δ mg | ビタミンK μg | ビタミンB1 mg | ビタミンB2 mg | ナイアシン mg | ビタミンB6 mg | ビタミンB12 μg | ビタミンC mg | | | 食物繊維 総量 g | 食塩 g | |
| 11214 | 皮なし、生 Without skin, raw もも Thigh | 0 | 121 508 72.8 24.4 | 1.8 1.5 0 | 0.9 34 210 8 28 150 0.4 0.7 0.05 0.01 | | | | | | | | | | | | | 50 | | | | | | | | | | | | | | | | 0.1 皮下脂肪を除いたもの ¹⁾ |
| 11215 | 皮つき、生 With skin, raw | 0 | 283 1050 82.0 17.3 | 10.1 18.3 0 | 0.7 42 100 8 18 110 0.8 1.7 0.07 0.01 | | | | | | | | | | | | | 47 | | | | | | | | | | | | | | | 0.1 皮及び皮下脂肪 ²⁾ 30.6 % | |
| 11216 | 皮なし、生 Without skin, raw ささ身 Sasami ³⁾ | 0 | 138 577 72.3 22.0 | 4.8 4.2 0 | 0.9 50 220 9 21 160 2.1 2.3 0.09 0.01 | | | | | | | | | | | | | 17 | | | | | | | | | | | | | | | 0.1 皮下脂肪を除いたもの ¹⁾ | |
| 11217 | 生 Raw [鶏肉類] [Broiler meats] 手羽 Wing | 5 | 114 477 73.2 24.6 | 1.1 0.8 0 | 1.1 40 280 8 21 200 0.8 2.4 0.09 | | | | | | | | | | | | | 9 | | | | | | | | | | | | | | | 0.1 * ⁴⁾ | |
| 11218 | 皮つき、生 With skin, raw むね Breast | 45 | 211 883 87.2 17.5 | 14.6 13.9 0 | 0.7 78 180 10 14 100 0.5 1.2 0.03 0.01 | | | | | | | | | | | | | 59 | | | | | | | | | | | | | | | 0.2 * ⁴⁾ | |
| 11219 | 皮つき、生 With skin, raw | 0 | 181 799 88.0 19.5 | 11.6 11.1 0 | 0.9 38 300 4 23 170 0.3 0.8 0.03 0.03 | | | | | | | | | | | | | 32 | | | | | | | | | | | | | | | 0.1 皮及び皮下脂肪 ²⁾ 21.5 % | |
| 11220 | 皮なし、生 Without skin, raw もも Thigh | 0 | 108 452 75.2 22.3 | 19.8 1.5 1.2 0 | 1.0 42 380 4 27 200 0.2 0.7 0.03 0.03 | | | | | | | | | | | | | 8 | | | | | | | | | | | | | | | 0.1 皮下脂肪を除いたもの ¹⁾ | |
| 11221 | 皮つき、生 With skin, raw | 0 | 200 837 88.0 18.2 | 14.0 13.3 0 | 0.8 59 270 5 19 180 0.4 1.6 0.04 0.02 | Tr | 14 | 1 | 2 | 39 | | | | | | | | 39 | | | | | | | | | | | | | | | 0.1 皮及び皮下脂肪 ²⁾ 21.2 % | |
| 11222 | 皮つき、焼き With skin, baked | 0 | 229 958 80.9 24.6 | 13.2 12.1 0 | 1.0 88 390 7 28 220 1.0 2.3 0.06 0.02 | Tr | 23 | 2 | 3 | 44 | | | | (0) | | | | 44 | | | | | | | | | | | | | | | 0.2 | |
| 11223 | 皮つき、ゆで With skin, boiled | 0 | 223 833 84.0 21.0 | 14.3 13.3 0 | 0.7 48 210 9 23 160 1.0 2.0 0.06 0.02 | Tr | 18 | 2 | 2 | 47 | | | | (0) | | | | 47 | | | | | | | | | | | | | | | 0.1 | |
| 11224 | 皮なし、生 Without skin, raw | 0 | 118 485 76.3 18.8 | 18.3 3.9 3.4 0 | 1.0 69 340 5 23 190 0.7 2.0 0.05 0.02 | 0 | 16 | 1 | 2 | 18 | | | | | | | | 18 | | | | | | | | | | | | | | | 0.2 皮下脂肪を除いたもの ¹⁾ | |
| 11225 | 皮なし、焼き Without skin, baked | 0 | 149 623 89.0 25.4 | 4.4 3.5 0 | 1.2 81 400 7 28 210 1.0 2.9 0.06 0.02 | | | | | | | | | | | | | 14 | | | | | | | | | | | | | | | 0.2 皮下脂肪を除いたもの ¹⁾ | |
| 11226 | 皮なし、ゆで Without skin, boiled ささ身 Sasami ³⁾ | 0 | 144 602 70.0 25.0 | 4.1 3.3 0 | 0.9 55 270 10 25 180 0.8 2.5 0.06 0.02 | | | | | | | | | | | | | 15 | | | | | | | | | | | | | | | 0.1 皮下脂肪を除いたもの ¹⁾ | |
| 11227 | 生 Raw | 5 | 105 439 75.0 23.0 | 0.8 0.5 0 | 1.2 33 420 3 31 220 0.2 0.8 0.03 0.01 | 0 | 22 | 0 | 6 | 5 | | | | | | | | 5 | | | | | | | | | | | | | | | 0.1 * ⁴⁾ | |
| 11228 | 焼き Baked | 0 | 127 531 70.1 27.3 | 1.3 0.8 0 | 1.3 38 480 4 38 290 0.3 0.7 0.03 0.02 | | | | | | | | | | | | | 4 | | | | | | | | | | | | | | | | 0.1 |
| 11229 | ゆで Boiled [ひき肉] [Ground meat] | 0 | 125 623 70.6 27.3 | 1.0 0.6 0 | 1.1 29 350 4 32 220 0.3 0.7 0.03 0.01 | | | | | | | | | | | | | 3 | | | | | | | | | | | | | | | 0.1 | |
| 11230 | 生 Raw [副生物] [Offals] 心臓 Heart | 0 | 166 695 89.8 20.8 | 17.2 8.3 7.7 0 | 1.0 60 270 11 28 90 1.2 0.7 0.04 0.01 | | | | | | | | | | | | | 40 | | | | | | | | | | | | | | | 0.2 | |
| 11231 | 生 Raw 肝臓 Liver | 0 | 207 886 89.0 14.8 | 12.0 16.5 13.2 Tr | 1.0 85 240 5 15 170 5.1 2.3 0.32 | | | | | | | | | | | | | 700 | | | | | | | | | | | | | | | 0.2 * ⁴⁾ 米肉定脂肪量(60 mg)を含まない ⁴⁾ | |
| 11232 | 生 Raw | 0 | 111 464 75.7 18.6 | 15.7 3.1 1.9 0.8 1.7 | 0.8 85 330 5 19 300 9.0 3.3 0.32 0.39 | 1 | 80 | 1 | 82 | 14000 | | | | | | | | 30 | | | | | | | | | | | | | | | 0.2 * ⁴⁾ 米肉定脂肪量(18 mg)を含まない ⁴⁾ | |

1) Without subcutaneous fat 2) Skin and subcutaneous fat 3) Deep pectoral muscle 4) Sinew 5) Bones 6) Excluding unidentified fatty acids

11 肉類

| 食品番号 Item No. | 食品名 Food and description | 水分 Moisture | 可食部 100g 当たり per 100g edible portion | | | | | | | | | | | | | | | | | | | | 備考 Remarks | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------|--|----------------|--------------------------------------|------------------|-------------|--------------------|-----------|------------------|-------------------|------------------|---------------------|------------------|-----------|------------|-------------|-------------------|-----------------|------------------|-----------------|---------------------|------------------|----------------------|---------------|----------------------|--------------------------------|------------------------------------|--------------------|------------------------|--------------------|-------------------|----------------------|------------------|----------------------|------------------------|----------------------|----------------|--------------------------|-------------------------------|---------------------------------------|---------------------------------------|------------------------|--------------------------|------|------|------|------|-------|-------|-------|------|------|-----|-----|-----|---|--------------------------|--------------------------------|
| | | | エネルギー Energy | たんぱく質 Protein | 脂質 Lipid | 糖質 Carbohydrate | 灰分 Ash | ミネラル Minerals | | | | | | | | | | ビタミン Vitamins | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | ナトリウム Sodium | カリウム Potassium | カルシウム Calcium | マグネシウム Magnesium | リン Phosphorus | 鉄 Iron | 亜鉛 Zinc | 銅 Copper | マンガン Manganese | セレン Selenium | ヨウ素 Iodine | クロム Chromium | モリブデン Molybdenum | レチノール Retinol | β-カロテン β-Carotene | | α-カロテン α-Carotene | β-クリプトキサンチン β-Cryptoxanthin | β-カロテン当量 β-Carotene equivalents | ビタミンD Vitamin D | トコフェロール Tocopherols | ビタミンK Vitamin K | ビタミンB1 Thiamin | ビタミンB2 Riboflavin | ナイアシン Nicotin | ビタミンB6 Vitamin B6 | ビタミンB12 Vitamin B12 | パント酸 Pantoic acid | ビオチン Biotin | アスコルビク酸 Ascorbic acid | 飽和脂肪酸 Saturated fatty acid | 一不飽和脂肪酸 Monounsaturated fatty acid | 多不飽和脂肪酸 Polyunsaturated fatty acid | コレステロール Cholesterol | 食塩相当量 Salt equivalent | | | | | | | | | | | | | | | |
| 11233 | 鶏肉 Gisard 生 Raw | 0 | 84 | 393 | 79.0 | 18.3 | 15.2 | 1.6 | 1.2 | Tr | 0.9 | 56 | 230 | 7 | 14 | 140 | 2.5 | 2.8 | 0.10 | - | - | - | - | - | - | - | - | 4 | - | - | - | Tr | 4 | 0 | 0.3 | 0 | 0 | 0 | 28 | 0.08 | 0.28 | 3.8 | 0.04 | 1.7 | 36 | 1.80 | - | 5 | 0.40 | 0.48 | 0.24 | 200 | (0) | (0) | (0) | 0.1 | *未測定脂肪(19 mg)を含む ¹⁾ |
| 11234 | 鶏皮 Skin むね、生 Breast, raw | 0 | 497 | 2070 | 41.5 | 6.5 | 6.7 | 46.8 | 47.3 | 0 | 0.4 | 24 | 140 | 3 | 8 | 64 | 0.3 | 0.5 | 0.05 | 0.01 | - | - | - | - | - | - | 120 | - | - | - | Tr | 120 | 0.3 | 0.4 | 0 | 0.2 | 0 | 110 | 0.02 | 0.05 | 6.8 | 0.12 | 0.4 | 3 | 0.85 | - | 1 | 15.01 | 23.78 | 8.38 | 110 | (0) | (0) | (0) | 0.1 | 皮下脂肪を含んだもの ²⁾ | |
| 11236 | 鶏皮 Thigh, raw 軟骨 Cartilage bone 生 Raw | 0 | 513 | 2148 | 41.6 | 6.6 | 6.1 | 51.6 | 50.3 | 0 | 0.2 | 23 | 33 | 6 | 6 | 34 | 0.3 | 0.4 | 0.02 | 0.01 | 1 | 9 | 3 | 1 | 120 | - | - | - | - | Tr | 120 | 0.3 | 0.2 | 0 | 0.1 | 0 | 120 | 0.01 | 0.05 | 3.0 | 0.04 | 0.3 | 2 | 0.29 | 2.9 | 1 | 16.30 | 25.23 | 8.54 | 120 | (0) | (0) | (0) | 0.1 | 皮下脂肪を含んだもの ²⁾ | | |
| 11236 | 鶏軟骨 Cartilage bone 生 Raw | 0 | 54 | 226 | 85.0 | 12.5 | - | 0.4 | 0.3 | 0.4 | 1.7 | 390 | 170 | 47 | 15 | 78 | 0.3 | 0.3 | 0.03 | 0.02 | - | - | - | - | - | 1 | - | - | - | (0) | 1 | 0 | Tr | 0 | 0 | 0 | 5 | 0.03 | 0.03 | 3.8 | 0.03 | 0.1 | 5 | 0.84 | - | 3 | 0.09 | 0.12 | 0.03 | 28 | (0) | (0) | (0) | 1.0 | | | |
| 11237 | 【その他】 [Others] 焼き鳥弁当 Roast meat, canned with seasoning | 0 | 177 | 741 | 82.8 | 18.4 | - | 7.6 | 7.6 | 8.2 | 2.6 | 850 | 200 | 12 | 21 | 75 | 2.9 | 1.6 | 0.06 | 0.07 | - | - | - | - | - | 60 | - | - | - | (0) | 60 | 0 | 0.3 | 0 | 0 | 0 | 21 | 0.01 | 0.18 | 3.1 | 0.08 | 0.4 | 7 | 0.85 | - | (0) | 2.08 | 3.48 | 1.70 | 76 | (0) | (0) | (0) | 2.2 | *液体を含んだもの ³⁾ | | |
| 11238 | はと Pigeon 肉、皮なし、生 Meat, without skin, raw | 0 | 141 | 690 | 71.5 | 21.8 | - | 5.1 | 4.4 | 0.3 | 1.3 | 88 | 380 | 3 | 28 | 280 | 4.4 | 0.6 | 0.17 | 0.04 | - | - | - | - | - | 16 | - | - | - | Tr | 16 | 0.2 | 0.3 | 0 | 0.1 | 0 | 5 | 0.32 | 1.89 | 9.6 | 0.53 | 2.0 | 2 | 4.48 | - | 3 | 1.23 | 1.90 | 1.09 | 160 | (0) | (0) | (0) | 0.2 | 輸入冷凍品 ⁴⁾ 皮下脂肪を除いたもの ⁵⁾ | | |
| 11239 | フォアグラ Foie gras ゆで Boiled | 0 | 510 | 2134 | 39.7 | 8.3 | - | 49.9 | 48.5 | 1.5 | 0.6 | 44 | 130 | 3 | 10 | 150 | 2.7 | 1.0 | 1.85 | 0.05 | - | - | - | - | - | 1000 | - | - | - | (0) | 1000 | 0.6 | 0.3 | 0 | Tr | 0 | 6 | 0.27 | 0.81 | 2.4 | 0.30 | 7.6 | 220 | 4.38 | - | 7 | 18.31 | 27.44 | 0.61 | 850 | (0) | (0) | (0) | 0.1 | 調味料無添加輸入品 ⁶⁾ | | |
| 11240 | ぼろぼろちょう Guinea fowl 肉、皮なし、生 Meat, without skin, raw | 0 | 105 | 439 | 75.2 | 22.5 | 19.0 | 1.0 | 0.7 | 0.2 | 1.1 | 67 | 390 | 6 | 27 | 230 | 1.1 | 1.2 | 0.10 | 0.02 | - | - | - | - | - | 9 | - | - | - | 0 | 9 | 0.4 | 0.1 | 0 | 0.1 | 0 | 32 | 0.16 | 0.20 | 8.2 | 0.57 | 0.5 | 2 | 1.13 | - | 3 | 0.21 | 0.18 | 0.28 | 75 | (0) | (0) | (0) | 0.2 | 輸入冷凍品 ⁴⁾ 皮下脂肪を除いたもの ⁵⁾ | | |
| 11241 | <その他> <OTHERS> いなご Rice hopper つくば家 Tsukubaya ⁷⁾ | 0 | 247 | 1033 | 33.7 | 28.3 | - | 1.4 | 0.6 | 32.3 | 6.3 | 1900 | 260 | 28 | 32 | 180 | 4.7 | 3.2 | 0.77 | 1.21 | - | - | - | - | - | Tr | - | - | - | 900 | 75 | 0.3 | 2.8 | Tr | 0.2 | 0 | 7 | 0.06 | 1.00 | 1.7 | 0.12 | 0.1 | 54 | 0.49 | - | (0) | 0.11 | 0.12 | 0.32 | 77 | (0) | (0) | (0) | 4.6 | | | |
| 11242 | かえる Bullfrog 肉、生 Meat, raw | 0 | 99 | 414 | 76.3 | 22.3 | - | 0.4 | 0.2 | 0.3 | 0.7 | 33 | 230 | 9 | 23 | 140 | 0.4 | 1.2 | 0.05 | 0.01 | - | - | - | - | - | 0 | - | - | - | (0) | (0) | 0.9 | 0.1 | 0 | 0 | 0 | 1 | 0.04 | 0.13 | 4.1 | 0.22 | 0.9 | 4 | 0.18 | - | 0 | 0.07 | 0.06 | 0.09 | 43 | (0) | (0) | (0) | 0.1 | 輸入冷凍品 ⁴⁾ | | |
| 11243 | すっぽん Snapping turtle 肉、生 Meat, raw | 0 | 197 | 824 | 69.1 | 16.4 | - | 13.4 | 12.0 | 0.5 | 0.6 | 69 | 150 | 18 | 10 | 88 | 0.9 | 1.6 | 0.04 | 0.02 | - | - | - | - | - | 94 | - | - | - | Tr | 94 | 3.6 | 1.0 | 0 | 0.2 | 0 | 5 | 0.91 | 0.41 | 3.0 | 0.11 | 1.2 | 16 | 0.20 | - | 1 | 2.68 | 5.43 | 3.36 | 95 | (0) | (0) | (0) | 0.2 | 甲殻、頭部、脚、内臓、皮等を除いたもの ⁸⁾ | | |
| 11244 | はち Wasp はちの子割餅 Maggot, canned with seasoning | 0 | 250 | 1048 | 44.3 | 18.2 | - | 7.2 | 6.8 | 30.2 | 2.1 | 680 | 110 | 11 | 24 | 110 | 3.0 | 1.7 | 0.36 | 0.76 | - | - | - | - | - | 0 | - | - | - | 500 | 42 | 0 | 1.0 | 0 | 0.6 | 0.2 | 4 | 0.17 | 1.22 | 3.6 | 0.04 | 0.1 | 26 | 0.52 | - | (0) | 2.45 | 2.61 | 1.38 | 95 | (0) | (0) | (0) | 1.7 | 原料：主として地ばち(くろすずめばち)の幼虫 | | |

1) Excluding unidentified fatty acids 2) With subcutaneous fat 3) With liquid 4) Imported frozen product 5) Without subcutaneous fat 6) Imported product without seasoning 7) Simmered whole without wings and legs in soy sauce and sugar 8) Without carapace, head, legs, viscera, skin, etc.