

## Proportion of batter coating in fried foods and increase/decrease in fat amount of the foods

Table 17 shows the mass of the raw ingredients, batter, and other materials used for preparing 100 g of fried foods (tempura, breaded and fried foods, and others).

The right two columns of the table show the increased/decreased amount of fat after frying. The frying oil used was rape seed oil.

In the case of ingredients, such as meat, which contain a high amount of fat, frying make the fat in the ingredients melt out into the frying oil. When the amount of the migrated fat exceeds that of the absorbed/adsorbed frying oil, the content of fat decreases with cooking.

Table 17 Mass (g) of raw ingredients, batter, and other materials used in 100 g of fried food (tempura, breaded and fried foods, and other foods)

Cooking method	Item No	Food name	After cooking	Ingredients used in fried food					Increase/decrease in fat amount	
				Raw ingredient	Raw ingredient and batter coating before frying	Flour and other ingredients in batter coating			From raw ingredient with batter coating before cooking	From raw ingredient
						Flour (Type)	Bread crumbs	Egg liquid		
Tempura	02047	Sweet potato	100	102	121	6.2 (Tempura flour)	—	—	6.5	6.6
	06343	Eggplant	100	91	126	10.1 (Tempura flour)	—	—	13.6	13.8
	10400	Japanese whiting	100	95	127	12.6 (Tempura flour)	—	—	14.8	15.0
	10416	Whiteleg shrimp Farmed	100	98	129	12.4 (Tempura flour)	—	—	9.5	9.7
	10419	Japanese common squid Mantle, without integument	100	84	107	9.1 (Tempura flour)	—	—	10.1	10.3
Breaded and fried (fried fish)	10390	Japanese Jack mackerel	100	86	107	3.7 (Wheat flour)	8.5	8.7	12.8	14.3
	10395	Japanese pilchard	100	85	111	4.4 (Wheat flour)	11.4	10.7	20.2	22.1
	10403	Chub mackerel	100	89	105	3.2 (Wheat flour)	6.2	6.2	8.7	9.8
	10409	Walleye pollock	100	95	112	3.0 (Wheat flour)	6.8	7.4	10.4	11.6
Breaded and fried (pork cutlet)	11276	Pork large type breed Loin, lean and fat	100	110	134	5.2 (Tempura flour)	10.2	—	11.4	12.2
	11279	Pork large type breed Fillet, lean	100	103	134	7.6 (Tempura flour)	11.2	—	20.6	21.5
Floured and deep-fried	10392	Japanese Jack Mackerel Small fish, with bone	100	127	132	4.5 (Wheat flour)	—	—	12.3	12.4
	11289	Chicken broiler Thigh meat with skin	100	134	153	19.1 (Flour for fried chicken)	—	—	-1.2	-0.9
	11290	Chicken broiler Thigh meat without skin	100	123	142	19.2 (Flour for fried chicken)	—	—	5.1	5.3

For tempura and breaded pork cutlet, tempura flour was mixed with water at a ratio of 39:61.