

| <div></div> <div>栄養成分(推定値)<br/>100g当たり</div> | エネルギー  | 水分   | たんばく質 | 脂質   | 炭水化物 | 灰分  | 無機質   |      |       |        |      |      |      |      | ビタミン |       |         |           |      |      |      |      |      |       |      |      |     |        |     | 飽和脂肪酸 | 一価不飽和脂肪酸 | 多価不飽和脂肪酸 | コレステロール | 水溶性食物繊維 | 不溶性食物繊維 | 食物繊維総量 | 食塩相当量 | アレルギー物質<br>(28品目中)    |
|-------------------------------------------------------------------------------------------------------------------------------|--------|------|-------|------|------|-----|-------|------|-------|--------|------|------|------|------|------|-------|---------|-----------|------|------|------|------|------|-------|------|------|-----|--------|-----|-------|----------|----------|---------|---------|---------|--------|-------|-----------------------|
|                                                                                                                               |        |      |       |      |      |     | ナトリウム | カリウム | カルシウム | マグネシウム | リン   | 鉄    | 亜鉛   | 銅    | マンガン | A     |         |           | D    | E    | K    | B1   | B2   | ナイアシン | B6   | B12  | 葉酸  | パントテン酸 | C   |       |          |          |         |         |         |        |       |                       |
|                                                                                                                               |        |      |       |      |      |     |       |      |       |        |      |      |      |      |      | レチノール | βカロテン当量 | レチノール活性当量 |      |      |      |      |      |       |      |      |     |        |     |       |          |          |         |         |         |        |       |                       |
|                                                                                                                               | (kcal) | (g)  | (g)   | (g)  | (g)  | (g) | (mg)  | (mg) | (mg)  | (mg)   | (mg) | (mg) | (mg) | (mg) | (μg) | (μg)  | (μg)    | (μg)      | (mg) | (μg) | (mg) | (mg) | (mg) | (mg)  | (mg) | (mg) | (g) | (g)    | (g) | (mg)  | (g)      | (g)      | (g)     | (g)     | (g)     |        |       |                       |
| 自身煮ペースト<br>【規格】 210g(3個)/20                                                                                                   | 201    | 65.4 | 12.1  | 12.4 | 9.6  | 0.5 | 146   | 59   | 2     | 4      | 30   | 0.0  | 0.1  | 0.01 | 0.00 | 1     | 0       | 1         | 0.1  | 1.9  | 14   | 0.01 | 0.03 | 0.3   | 0.02 | 0.4  | 9   | 0.04   | 0   | 0.85  | 7.05     | 3.10     | 12      | -       | -       | 0.3    | 0.4   | 小麦・卵・大豆・ゼラチン          |
| 銀鮭ペースト<br>【規格】 210g(3個)/20                                                                                                    | 200    | 68.5 | 12.1  | 14.6 | 3.9  | 0.9 | 219   | 96   | 4     | 7      | 73   | 0.1  | 0.2  | 0.01 | 0.02 | 9     | 0       | 9         | 3.7  | 2.1  | 13   | 0.04 | 0.05 | 1.3   | 0.08 | 1.3  | 3   | 0.35   | 0   | 1.34  | 7.75     | 3.78     | 15      | -       | -       | 0.4    | 0.6   | 小麦・卵・さけ・大豆・ゼラチン       |
| さばペースト<br>【規格】 210g(3個)/20                                                                                                    | 200    | 66.6 | 12.1  | 13.2 | 7.3  | 0.8 | 217   | 70   | 2     | 6      | 43   | 0.2  | 0.2  | 0.02 | 0.01 | 7     | 0       | 7         | 0.9  | 1.6  | 11   | 0.04 | 0.07 | 2.2   | 0.11 | 2.3  | 14  | 0.13   | 0   | 1.44  | 6.19     | 2.78     | 11      | -       | -       | 0.4    | 0.6   | 小麦・卵・さば・大豆・ゼラチン       |
| チキンペースト<br>【規格】 210g(3個)/20                                                                                                   | 201    | 64.8 | 12.0  | 12.1 | 10.3 | 0.8 | 191   | 103  | 1     | 8      | 59   | 0.1  | 0.2  | 0.01 | 0.01 | 2     | 0       | 2         | 0.0  | 1.6  | 16   | 0.03 | 0.04 | 3.2   | 0.17 | 0.1  | 4   | 0.51   | 1   | 0.84  | 6.28     | 2.75     | 19      | -       | -       | 0.3    | 0.5   | 小麦・卵・ごま・大豆・鶏肉・豚肉・ゼラチン |
| ポークペースト<br>【規格】 210g(3個)/20                                                                                                   | 197    | 66.4 | 12.2  | 12.5 | 8.0  | 0.9 | 232   | 95   | 1     | 7      | 55   | 0.2  | 0.5  | 0.02 | 0.00 | 1     | 0       | 1         | 0.0  | 1.6  | 13   | 0.24 | 0.06 | 1.6   | 0.08 | 0.1  | 1   | 0.22   | 0   | 1.01  | 6.56     | 2.78     | 8       | -       | -       | 0.4    | 0.6   | 小麦・卵・大豆・豚肉・ゼラチン       |
| たまごペースト<br>【規格】 210g(3個)/20                                                                                                   | 200    | 68.5 | 12.1  | 14.8 | 4.0  | 0.6 | 168   | 23   | 16    | 2      | 58   | 0.3  | 0.2  | 0.01 | 0.01 | 42    | 3       | 42        | 0.6  | 2.5  | 18   | 0.02 | 0.07 | 0.1   | 0.02 | 0.2  | 21  | 0.08   | 0   | 1.79  | 7.92     | 3.41     | 128     | -       | -       | 0.6    | 0.4   | 小麦・卵・大豆・鶏肉・ゼラチン       |
| 金平ごぼうペースト<br>【規格】 180g(6個)/20×2                                                                                               | 232    | 59.2 | 5.9   | 13.8 | 20.3 | 0.8 | 248   | 67   | 13    | 12     | 17   | 0.2  | 0.2  | 0.04 | 0.08 | 0     | 0       | 0         | 0.0  | 2    | 14   | 0.01 | 0.01 | 0.1   | 0.03 | 0.0  | 16  | 0.06   | 0   | 1.17  | 7.6      | 3.56     | 0       | -       | -       | 1.6    | 0.6   | 小麦・ごま・大豆・ゼラチン         |
| ひじき煮ペースト<br>【規格】 180g(6個)/20×2                                                                                                | 234    | 61.2 | 6.0   | 16.1 | 15.6 | 1.1 | 308   | 110  | 16    | 11     | 8    | 0.1  | 0.0  | 0.01 | 0.04 | 0     | 375     | 31        | 0.0  | 2.4  | 27   | 0.01 | 0.01 | 0.1   | 0.01 | 0.0  | 3   | 0.03   | 0   | 1.25  | 9.2      | 4.00     | 0       | -       | -       | 1.0    | 0.8   | 小麦・大豆・ゼラチン            |
| いんげんのごま和えペースト<br>【規格】 180g(6個)/20×2                                                                                           | 232    | 59.2 | 6.0   | 14.6 | 19.1 | 1.1 | 245   | 98   | 18    | 25     | 52   | 0.5  | 0.4  | 0.10 | 0.15 | 0     | 145     | 12        | 0.0  | 1.8  | 25   | 0.05 | 0.03 | 0.5   | 0.04 | 0.0  | 18  | 0.07   | 2   | 1.26  | 7.14     | 3.84     | 0       | -       | -       | 1.2    | 0.6   | 小麦・ごま・大豆・ゼラチン         |
| 切干大根ペースト<br>【規格】 180g(6個)/20×2                                                                                                | 232    | 62.6 | 6.0   | 16.4 | 14.0 | 1.0 | 298   | 93   | 12    | 6      | 12   | 0.1  | 0.1  | 0.01 | 0.05 | 0     | 177     | 15        | 0.0  | 2.4  | 19   | 0.01 | 0.01 | 0.2   | 0.01 | 0.0  | 6   | 0.05   | 1   | 1.28  | 9.29     | 4.12     | 0       | -       | -       | 0.6    | 0.8   | 小麦・大豆・ゼラチン            |
| 小松菜の煮びしペースト<br>【規格】 180g(6個)/20×2                                                                                             | 232    | 60.8 | 6.0   | 15.0 | 17.2 | 1.0 | 251   | 48   | 39    | 6      | 17   | 0.6  | 0.1  | 0.02 | 0.08 | 0     | 775     | 65        | 0.0  | 2.5  | 97   | 0.01 | 0.02 | 0.1   | 0.02 | 0.0  | 23  | 0.07   | 5   | 1.17  | 8.53     | 3.72     | 0       | -       | -       | 0.7    | 0.6   | 小麦・大豆・ゼラチン            |
| かぼちゃのきめ煮ペースト<br>【規格】 180g(6個)/20×2                                                                                            | 232    | 59.8 | 6.0   | 14.1 | 19.4 | 0.7 | 162   | 88   | 5     | 6      | 11   | 0.1  | 0.1  | 0.01 | 0.03 | 0     | 760     | 62        | 0.0  | 2.9  | 19   | 0.02 | 0.02 | 0.3   | 0.04 | 0.0  | 10  | 0.09   | 7   | 1.11  | 7.96     | 3.47     | 0       | -       | -       | 1.0    | 0.4   | 小麦・大豆・ゼラチン            |
| ポテトサラダペースト<br>【規格】 180g(6個)/20×2                                                                                              | 235    | 58.7 | 6.0   | 14.4 | 19.9 | 1.0 | 284   | 106  | 2     | 6      | 11   | 0.2  | 0.1  | 0.02 | 0.03 | 1     | 1       | 1         | 0.0  | 2.2  | 18   | 0.02 | 0.01 | 0.3   | 0.06 | 0.0  | 5   | 0.13   | 3   | 1.18  | 7.82     | 3.72     | 4       | -       | -       | 1.0    | 0.7   | 卵・乳成分・大豆・ゼラチン         |
| ほうれん草のバター炒めペースト<br>【規格】 180g(6個)/20×2                                                                                         | 233    | 61.1 | 6.0   | 15.9 | 16.1 | 0.9 | 283   | 44   | 21    | 10     | 10   | 0.3  | 0.1  | 0.02 | 0.16 | 39    | 1070    | 128       | 0.0  | 2.2  | 74   | 0.01 | 0.03 | 0.1   | 0.02 | 0.0  | 24  | 0.03   | 4   | 3.59  | 7.38     | 2.93     | 11      | -       | -       | 0.8    | 0.7   | 乳成分・大豆・ゼラチン           |

| <br>栄養成分 (推定値)<br>1食当たり | エネルギー<br>【規格】 | 水分<br>【規格】 | たんばく質<br>【規格】 | 脂質<br>【規格】 | 炭水化物<br>【規格】 | 灰分<br>【規格】 | 無機質           |              |               |                |            |           |            |           | ビタミン         |               |                 |                   |           |           |           |            |            |               |            |             |            |                |           | 飽和脂肪酸<br>【規格】 | 一価不飽和脂肪酸<br>【規格】 | 多価不飽和脂肪酸<br>【規格】 | コレステロール<br>【規格】 | 水溶性食物繊維<br>【規格】 | 不溶性食物繊維<br>【規格】 | 食物繊維総量<br>【規格】 | 食塩相当量<br>【規格】 | アレルギー物質<br>(28品目中)                |
|----------------------------------------------------------------------------------------------------------|---------------|------------|---------------|------------|--------------|------------|---------------|--------------|---------------|----------------|------------|-----------|------------|-----------|--------------|---------------|-----------------|-------------------|-----------|-----------|-----------|------------|------------|---------------|------------|-------------|------------|----------------|-----------|---------------|------------------|------------------|-----------------|-----------------|-----------------|----------------|---------------|-----------------------------------|
|                                                                                                          |               |            |               |            |              |            | ナトリウム<br>【規格】 | カリウム<br>【規格】 | カルシウム<br>【規格】 | マグネシウム<br>【規格】 | リン<br>【規格】 | 鉄<br>【規格】 | 亜鉛<br>【規格】 | 銅<br>【規格】 | マンガン<br>【規格】 | A             |                 |                   | D<br>【規格】 | E<br>【規格】 | K<br>【規格】 | B1<br>【規格】 | B2<br>【規格】 | ナイアシン<br>【規格】 | B6<br>【規格】 | B12<br>【規格】 | 葉酸<br>【規格】 | パントテン酸<br>【規格】 | C<br>【規格】 |               |                  |                  |                 |                 |                 |                |               |                                   |
|                                                                                                          |               |            |               |            |              |            |               |              |               |                |            |           |            |           |              | レチノール<br>【規格】 | βカロテン当量<br>【規格】 | レチノール活性当量<br>【規格】 |           |           |           |            |            |               |            |             |            |                |           |               |                  |                  |                 |                 |                 |                |               |                                   |
| 鮭の照焼き<br>【規格】 135g×6/4                                                                                   | 238           | 86.2       | 12.2          | 10.1       | 24.6         | 1.9        | 525           | 131          | 107           | 9              | 57         | 0.4       | 2.7        | 0.03      | 0.07         | 4             | 377             | 35                | 14.6      | 1.8       | 34        | 0.03       | 0.09       | 0.7           | 0.05       | 0.5         | 15         | 0.23           | 3         | 0.86          | 5.55             | 2.59             | 7               | -               | -               | 2.6            | 1.3           | 小麦・卵・乳成分・さけ・大豆・ゼラチン               |
| オムレツのトマトソース<br>【規格】 135g×6/4                                                                             | 285           | 83.0       | 13.0          | 17.4       | 20.0         | 1.6        | 344           | 171          | 62            | 16             | 61         | 0.5       | 2.8        | 0.07      | 0.11         | 26            | 655             | 81                | 13.6      | 3.2       | 24        | 0.04       | 0.11       | 0.4           | 0.07       | 0.1         | 22         | 0.27           | 1         | 1.65          | 9.88             | 4.77             | 45              | -               | -               | 3.1            | 0.9           | 小麦・卵・乳成分・ごま・さば・大豆・鶏肉・りんご・ゼラチン     |
| さわらの味噌焼き<br>【規格】 135g×6/4                                                                                | 235           | 87.1       | 12.4          | 10.4       | 23.1         | 2.0        | 508           | 176          | 123           | 14             | 55         | 0.4       | 2.7        | 0.04      | 0.11         | 1             | 529             | 46                | 13.6      | 1.6       | 36        | 0.03       | 0.12       | 1.1           | 0.07       | 0.5         | 19         | 0.22           | 3         | 0.92          | 5.99             | 2.67             | 7               | -               | -               | 2.7            | 1.3           | 小麦・卵・乳成分・大豆・りんご・ゼラチン              |
| 自身煮の煮付け<br>【規格】 135g×6/4                                                                                 | 232           | 86.7       | 12.8          | 9.6        | 24.0         | 1.9        | 481           | 159          | 89            | 14             | 53         | 0.4       | 2.7        | 0.04      | 0.07         | 1             | 412             | 35                | 13.1      | 1.6       | 24        | 0.01       | 0.09       | 0.4           | 0.03       | 0.4         | 18         | 0.11           | 1         | 0.72          | 5.64             | 2.61             | 11              | -               | -               | 3.1            | 1.2           | 小麦・卵・乳成分・大豆・ゼラチン                  |
| 筑前煮<br>【規格】 140g×6/4                                                                                     | 277           | 86.3       | 11.2          | 14.1       | 26.7         | 1.7        | 477           | 133          | 57            | 11             | 42         | 0.3       | 3.1        | 0.04      | 0.08         | 0             | 867             | 73                | 9.8       | 2.1       | 20        | 0.01       | 0.07       | 0.7           | 0.06       | 0.0         | 11         | 0.18           | 1         | 1.02          | 8.18             | 3.70             | 4               | -               | -               | 3.2            | 1.2           | 小麦・卵・乳成分・ごま・大豆・鶏肉・豚肉・ゼラチン         |
| たまごとしんじょうのソテー<br>【規格】 135g×6/4                                                                           | 278           | 82.5       | 12.8          | 15.8       | 22.0         | 1.9        | 431           | 117          | 127           | 8              | 51         | 0.5       | 2.7        | 0.04      | 0.09         | 26            | 1114            | 119               | 13.6      | 3.0       | 46        | 0.03       | 0.11       | 0.3           | 0.04       | 0.1         | 23         | 0.23           | 3         | 1.43          | 9.03             | 4.16             | 45              | -               | -               | 2.7            | 1.1           | 小麦・卵・乳成分・ごま・さば・大豆・鶏肉・りんご・ゼラチン     |
| さばのおろし煮<br>【規格】 135g×6/4                                                                                 | 259           | 84.4       | 12.6          | 13.0       | 23.2         | 1.8        | 493           | 167          | 57            | 12             | 57         | 0.4       | 2.7        | 0.05      | 0.11         | 4             | 906             | 81                | 13.6      | 2.0       | 20        | 0.04       | 0.11       | 1.6           | 0.11       | 1.6         | 16         | 0.19           | 3         | 1.42          | 7.88             | 3.50             | 8               | -               | -               | 2.6            | 1.3           | 小麦・卵・乳成分・さば・大豆・りんご・ゼラチン           |
| 自身煮の柚子味噌焼き<br>【規格】 135g×6/4                                                                              | 240           | 85.9       | 12.8          | 10.7       | 23.6         | 2.0        | 489           | 171          | 117           | 14             | 61         | 0.7       | 2.7        | 0.07      | 0.09         | 1             | 803             | 69                | 13.1      | 1.9       | 36        | 0.03       | 0.09       | 0.4           | 0.04       | 0.4         | 19         | 0.14           | 3         | 0.81          | 6.17             | 2.94             | 11              | -               | -               | 2.8            | 1.2           | 小麦・卵・乳成分・大豆・ゼラチン                  |
| たまごの甘酢あん<br>【規格】 135g×6/4                                                                                | 284           | 80.5       | 12.8          | 15.5       | 24.3         | 1.9        | 468           | 138          | 65            | 9              | 49         | 0.4       | 2.7        | 0.03      | 0.07         | 26            | 911             | 101               | 13.6      | 3.0       | 26        | 0.03       | 0.11       | 0.3           | 0.04       | 0.1         | 18         | 0.24           | 3         | 1.36          | 9.11             | 3.98             | 45              | -               | -               | 2.7            | 1.2           | 小麦・卵・乳成分・ごま・大豆・鶏肉・りんご・ゼラチン        |
| 煮し味のこまソース<br>【規格】 135g×6/4                                                                               | 277           | 82.6       | 13.4          | 15.8       | 21.6         | 1.6        | 412           | 134          | 76            | 18             | 57         | 0.4       | 2.7        | 0.07      | 0.20         | 0             | 328             | 28                | 13.1      | 2.0       | 22        | 0.03       | 0.08       | 1.1           | 0.07       | 0.0         | 15         | 0.22           | 3         | 1.32          | 8.44             | 4.51             | 5               | -               | -               | 3.0            | 1.0           | 小麦・卵・乳成分・ごま・大豆・鶏肉・豚肉・りんご・ゼラチン     |
| 赤魚の生煮え<br>【規格】 135g×6/4                                                                                  | 246           | 85.4       | 12.6          | 11.3       | 23.8         | 1.9        | 537           | 128          | 76            | 12             | 50         | 0.4       | 2.7        | 0.04      | 0.26         | 1             | 393             | 35                | 13.4      | 1.8       | 24        | 0.01       | 0.07       | 0.3           | 0.03       | 0.1         | 14         | 0.14           | 4         | 0.86          | 6.51             | 2.98             | 5               | -               | -               | 2.6            | 1.4           | 小麦・卵・乳成分・ごま・大豆・りんご・ゼラチン           |
| だし巻きたまご<br>【規格】 135g×6/4                                                                                 | 282           | 81.9       | 12.7          | 15.8       | 22.8         | 1.8        | 521           | 99           | 51            | 7              | 42         | 0.3       | 2.7        | 0.03      | 0.07         | 26            | 599             | 76                | 13.6      | 3.0       | 23        | 0.01       | 0.09       | 0.1           | 0.03       | 0.1         | 16         | 0.19           | 1         | 1.39          | 9.36             | 4.08             | 45              | -               | -               | 2.8            | 1.3           | 小麦・卵・乳成分・さば・大豆・ゼラチン               |
| チキンカツ<br>【規格】 140g×6/4                                                                                   | 274           | 87.9       | 11.1          | 15.3       | 24.2         | 1.5        | 430           | 123          | 62            | 10             | 38         | 0.3       | 3.1        | 0.04      | 0.06         | 0             | 337             | 29                | 9.8       | 2.1       | 22        | 0.01       | 0.07       | 0.7           | 0.06       | 0.0         | 14         | 0.18           | 3         | 0.98          | 7.87             | 3.44             | 4               | -               | -               | 2.9            | 1.1           | 小麦・卵・乳成分・ごま・大豆・鶏肉・豚肉・りんご・ゼラチン     |
| 鶏むねが<br>【規格】 140g×6/4                                                                                    | 276           | 86.9       | 11.1          | 14.4       | 25.9         | 1.7        | 449           | 120          | 59            | 8              | 41         | 0.3       | 3.1        | 0.03      | 0.10         | 0             | 328             | 28                | 9.8       | 2.1       | 20        | 0.06       | 0.08       | 0.4           | 0.04       | 0.0         | 8          | 0.15           | 1         | 1.04          | 7.88             | 3.56             | 4               | -               | -               | 2.7            | 1.1           | 小麦・卵・乳成分・ごま・大豆・鶏肉・豚肉・ゼラチン         |
| ホイコーロー<br>【規格】 160g×6/4                                                                                  | 325           | 101.1      | 14.2          | 16.5       | 31.2         | 2.0        | 507           | 162          | 134           | 13             | 53         | 0.5       | 3.5        | 0.07      | 0.07         | 0             | 502             | 43                | 13.0      | 2.3       | 45        | 0.07       | 0.10       | 0.7           | 0.05       | 0.0         | 20         | 0.21           | 5         | 1.22          | 8.75             | 4.13             | 5               | -               | -               | 3.3            | 1.3           | 小麦・卵・乳成分・ごま・大豆・鶏肉・豚肉・ゼラチン         |
| ハンバーグやマトソース<br>【規格】 160g×6/4                                                                             | 304           | 100.6      | 14.1          | 16.2       | 27.0         | 2.1        | 525           | 205          | 83            | 16             | 56         | 0.3       | 3.5        | 0.06      | 0.13         | 0             | 675             | 58                | 10.4      | 2.6       | 29        | 0.05       | 0.10       | 0.8           | 0.08       | 0.0         | 21         | 0.24           | 5         | 1.20          | 8.56             | 4.06             | 3               | -               | -               | 3.5            | 1.3           | 小麦・卵・乳成分・牛肉・ごま・大豆・鶏肉・豚肉・りんご・ゼラチン  |
| ぶりの照焼き<br>【規格】 165g×6/4                                                                                  | 287           | 106.8      | 13.7          | 12.7       | 29.5         | 2.3        | 569           | 200          | 129           | 15             | 59         | 0.7       | 3.5        | 0.05      | 0.20         | 7             | 832             | 76                | 14.0      | 2.0       | 38        | 0.05       | 0.15       | 1.5           | 0.10       | 0.5         | 21         | 0.26           | 5         | 1.27          | 6.40             | 3.02             | 10              | -               | -               | 3.3            | 1.4           | 小麦・卵・乳成分・大豆・りんご・ゼラチン              |
| ビーフシチュー<br>【規格】 175g×6/4                                                                                 | 340           | 110.8      | 12.3          | 19.3       | 30.5         | 2.1        | 523           | 154          | 65            | 11             | 40         | 0.2       | 3.9        | 0.04      | 0.07         | 7             | 882             | 81                | 9.8       | 2.8       | 28        | 0.02       | 0.09       | 0.4           | 0.05       | 0.0         | 14         | 0.18           | 5         | 1.84          | 10.71            | 4.55             | 5               | -               | -               | 3.7            | 1.3           | 小麦・卵・乳成分・牛肉・大豆・鶏肉・豚肉・りんご・ゼラチン     |
| 鶏肉の串どし<br>【規格】 165g×6/4                                                                                  | 337           | 102.8      | 14.4          | 19.8       | 26.2         | 1.8        | 480           | 140          | 71            | 10             | 56         | 0.3       | 3.5        | 0.03      | 0.10         | 10            | 314             | 35                | 13.2      | 2.8       | 31        | 0.03       | 0.10       | 0.8           | 0.08       | 0.0         | 18         | 0.26           | 5         | 1.30          | 9.87             | 4.31             | 21              | -               | -               | 3.0            | 1.2           | 小麦・卵・乳成分・ごま・大豆・鶏肉・豚肉・りんご・ゼラチン     |
| すき焼き<br>【規格】 165g×6/4                                                                                    | 332           | 99.8       | 13.9          | 16.2       | 33.3         | 1.8        | 538           | 139          | 63            | 13             | 45         | 0.3       | 3.6        | 0.05      | 0.10         | 0             | 409             | 35                | 13.0      | 2.6       | 21        | 0.02       | 0.10       | 0.5           | 0.05       | 0.0         | 15         | 0.20           | 2         | 1.39          | 9.67             | 4.29             | 5               | -               | -               | 3.5            | 1.4           | 小麦・卵・乳成分・オレンジ・牛肉・ごま・大豆・鶏肉・豚肉・ゼラチン |
| ハンバーグ<br>【規格】 165g×6/4                                                                                   | 353           | 100.3      | 14.2          | 21.1       | 27.6         | 1.8        | 450           | 137          | 64            | 8              | 41         | 0.3       | 3.6        | 0.03      | 0.07         | 5             | 183             | 20                | 13.0      | 2.8       | 28        | 0.02       | 0.08       | 0.5           | 0.05       | 0.0         | 15         | 0.17           | 5         | 1.73          | 10.49            | 4.46             | 7               | -               | -               | 3.1            | 1.1           | 小麦・卵・乳成分・牛肉・大豆・鶏肉・豚肉・りんご・ゼラチン     |
| 煎飯<br>【規格】 165g×6/4                                                                                      | 328           | 99.8       | 14.0          | 16.0       | 33.2         | 2.0        | 516           | 158          | 73            | 12             | 45         | 0.3       | 3.5        | 0.03      | 0.10         | 0             | 454             | 38                | 13.0      | 2.3       | 21        | 0.07       | 0.10       | 0.7           | 0.05       | 0.0         | 13         | 0.18           | 3         | 1.16          | 8.63             | 3.89             | 5               | -               | -               | 3.5            | 1.3           | 小麦・卵・乳成分・ごま・大豆・鶏肉・豚肉・りんご・ゼラチン     |
| 鶏のちんちんもも焼き<br>【規格】 165g×6/4                                                                              | 294           | 105.9      | 13.4          | 13.9       | 29.7         | 2.1        | 647           | 178          | 68            | 15             | 66         | 0.5       | 3.5        | 0.07      | 0.08         | 3             | 582             | 53                | 14.5      | 2.1       | 21        | 0.03       | 0.08       | 0.7           | 0.07       | 0.5         | 15         | 0.23           | 5         | 1.14          | 7.61             | 3.71             | 7               | -               | -               | 3.6            | 1.6           | 小麦・卵・乳成分・さけ・大豆・鶏肉・ゼラチン            |
| 牛肉のステーキ・炒め<br>【規格】 160g×6/4                                                                              | 331           | 96.4       | 13.9          | 17.9       | 29.6         | 2.2        | 608           | 138          | 138           | 13             | 51         | 0.5       | 3.7        | 0.05      | 0.13         | 0             | 1112            | 93                | 13.0      | 2.7       | 46        | 0.03       | 0.10       | 0.5           | 0.05       | 0.2         | 18         | 0.18           | 3         | 1.57          | 10.45            | 4.94             | 5               | -               | -               | 3.4            | 1.5           | 小麦・卵・乳成分・牛肉・ごま・大豆・鶏肉・豚肉・りんご・ゼラチン  |
| チキンのトマト煮<br>【規格】 165g×6/4                                                                                | 312           | 100.5      | 14.1          | 17.9       | 25.4         | 2.1        | 434           | 195          | 150           | 16             | 62         | 0.5       | 3.5        | 0.08      | 0.11         | 0             | 656             | 56                | 13.0      | 2.9       | 59        | 0.03       | 0.10       | 1.1           | 0.10       | 0.0         | 24         | 0.29           | 6         | 1.41          | 10.03            | 4.83             | 5               | -               | -               | 3.4            | 1.1           | 小麦・卵・乳成分・ごま・大豆・鶏肉・豚肉・りんご・ゼラチン     |
| 鶏の味噌焼き<br>【規格】 165g×6/4                                                                                  | 322           | 102.8      | 14.4          | 16.8       | 28.9         | 2.1        | 545           | 200          | 89            | 17             | 54         | 0.7       | 3.5        | 0.07      | 0.08         | 0             | 652             | 54                | 13.0      | 2.3       | 26        | 0.07       | 0.10       | 0.7           | 0.05       | 0.0         | 15         | 0.17           | 2         | 1.20          | 9.12             | 4.21             | 5               | -               | -               | 3.6            | 1.4           | 小麦・卵・乳成分・大豆・鶏肉・豚肉・りんご・ゼラチン        |
| ポークカレー<br>【規格】 175g×6/4                                                                                  | 338           | 110.4      | 12.3          | 18.2       | 32.2         | 1.9        | 550           | 159          | 79            | 11             | 42         | 0.2       | 3.9        | 0.04      | 0.09         | 0             | 921             | 79                | 9.8       | 2.3       | 23        | 0.05       | 0.11       | 0.5           | 0.05       | 0.0         | 12         | 0.18           | 2         | 1.12          | 8.61             | 3.75             | 4               | -               | -               | 3.7            | 1.4           | 小麦・卵・乳成分・大豆・鶏肉・豚肉・やまもも・ごま・ゼラチン    |
| 鶏肉の中巻炒め<br>【規格】 165g×6/4                                                                                 | 323           | 101.8      | 13.7          | 16.7       | 31.0         | 1.8        | 474           | 144          | 102           | 8              | 48         | 0.3       | 3.3        | 0.03      | 0.07         | 2             | 701             | 59                | 13.0      | 2.5       | 40        | 0.03       | 0.08       | 0.8           | 0.07       | 0.0         | 20         | 0.26           | 7         | 1.24          | 9.44             | 4.32             | 5               | -               | -               | 3.1            | 1.2           | 小麦・卵・乳成分・さけ・大豆・鶏肉・りんご・ゼラチン        |
| 鮭のクリーム煮<br>【規格】 165g×6/4                                                                                 | 281           | 109.0      | 13.5          | 13.5       | 27.2         | 1.8        | 403           | 180          | 147           | 13             | 76         | 0.3       | 3.5        | 0.03      | 0.08         | 25            | 503             | 66                | 14.5      | 1.8       | 40        | 0.03       | 0.12       | 0.7           | 0.08       | 0.7         | 21         | 0.35           | 7         | 2.29          | 6.73             | 2.95             | 13              | -               | -               | 3.5            | 1.0           | 小麦・卵・乳成分・大豆・鶏肉・豚肉・りんご・ゼラチン        |
| 豚のおろしシニョけ<br>【規格】 160g×6/4                                                                               | 323           | 98.1       | 13.9          | 17.3       | 28.8         | 1.9        | 538           | 170          | 66            | 11             | 48         | 0.3       | 3.5        | 0.05      | 0.08         | 0             | 602             | 51                | 13.0      | 2.6       | 27        | 0.08       | 0.08       | 0.5           | 0.05       | 0.0         | 18         | 0.18           | 5         | 1.23          | 9.54             | 4.26             | 5               | -               | -               | 3.2            | 1.4           | 小麦・卵・乳成分・大豆・鶏肉・豚肉・りんご・ゼラチン        |
| 白身魚のトマトソース<br>【規格】 165g×6/4                                                                              | 290           | 107.9      | 13.7          | 15.0       | 26.4         | 2.0        | 507           | 236          | 76            | 15             | 63         | 0.3       | 3.5        | 0.05      | 0.12         | 2             | 965             | 83                | 13.0      | 2.3       | 26        | 0.03       | 0.12       | 0.7           | 0.07       | 0.3         | 21         | 0.20           | 5         | 0.92          | 7.38             | 3.25             | 10              | -               | -               | 3.5            | 1.3           | 小麦・卵・乳成分・大豆・鶏肉・りんご・ゼラチン           |
| 鶏の照焼き<br>【規格】 160g×6/4                                                                                   | 317           | 99.1       | 14.2          | 16.3       | 28.5         | 1.9        | 526           | 155          | 74            | 13             | 54         | 0.3       | 3.4        | 0.05      | 0.13         | 5             | 618             | 56                | 13.1      | 2.6       | 24        | 0.03       | 0.10       | 1.0           | 0.08       | 0.0         | 14         | 0.26           | 2         | 1.22          | 9.50             | 4.16             | 13              | -               | -               | 3.4            | 1.3           | 小麦・卵・乳成分・ごま・大豆・鶏肉・豚肉・りんご・ゼラチン     |
| いかの甘酢あん<br>【規格】 165g×6/4                                                                                 | 285           | 101.1      | 14.1          | 13.0       | 29.6         | 2.2        | 586           | 190          | 109           | 16             | 67         | 0.5       | 3.5        | 0.06      | 0.11         | 3             | 681             | 42                | 13.1      | 2.2       | 34        | 0.02       | 0.10       | 0.5           | 0.05       | 0.3         | 19         | 0.18           | 5         | 0.91          | 6.91             | 3.18             | 34              | -               | -               | 3.4            | 1.5           | 小麦・卵・乳成分・いか・大豆・鶏肉・りんご・ゼラチン        |
| さばの味噌煮<br>【規格】 165g×6/4                                                                                  | 310           | 102.8      | 14.0          | 14.7       | 31.2         | 2.3        | 513           | 216          | 152           | 17             | 74         | 0.8       | 3.6        | 0.08      | 0.10         | 5             | 1112            | 97                | 13.5      | 2.5       | 43        | 0.05       | 0.13       | 1.7           |            |             |            |                |           |               |                  |                  |                 |                 |                 |                |               |                                   |

| New素材deソフト<br><br>栄養成分（推定値）<br>100g当たり | エネルギー | 水分   | たんばく質 | 脂質   | 炭水化物 | 灰分  | 無機質   |      |       |        |     |     |     |      |      |       | ビタミン    |           |      |     |    |      |      |       |      |     |    |        |   |      |      |      | 飽和脂肪酸 | 一価不飽和脂肪酸 | 多価不飽和脂肪酸 | コレステロール | 水溶性食物繊維 | 不溶性食物繊維                | 食物繊維総量 | 食塩相当量 | アレルギー物質<br>（28品目中） |
|----------------------------------------|-------|------|-------|------|------|-----|-------|------|-------|--------|-----|-----|-----|------|------|-------|---------|-----------|------|-----|----|------|------|-------|------|-----|----|--------|---|------|------|------|-------|----------|----------|---------|---------|------------------------|--------|-------|--------------------|
|                                        |       |      |       |      |      |     | ナトリウム | カリウム | カルシウム | マグネシウム | リン  | 鉄   | 亜鉛  | 銅    | マンガン | A     |         |           | D    | E   | K  | B1   | B2   | ナイアシン | B6   | B12 | 葉酸 | パントテン酸 | C |      |      |      |       |          |          |         |         |                        |        |       |                    |
|                                        |       |      |       |      |      |     |       |      |       |        |     |     |     |      |      | レチノール | βカロテン当量 | レチノール活性当量 |      |     |    |      |      |       |      |     |    |        |   |      |      |      |       |          |          |         |         |                        |        |       |                    |
| さくら<br>【規格】 600g（10枚）/16               | 169   | 69.9 | 19.0  | 9.2  | 0.4  | 1.5 | 94    | 464  | 12    | 30     | 208 | 0.8 | 0.9 | 0.03 | 0.01 | 11    | 0       | 11        | 6.6  | 0.3 | 0  | 0.09 | 0.33 | 9.0   | 0.38 | 5.0 | 8  | 1.10   | 0 | 2.37 | 3.26 | 1.94 | 57    | 0.0      | 0.0      | 0.0     | 0.2     | 小麦・卵・大豆                |        |       |                    |
| ノルウェーさば<br>【規格】 600g（10枚）/16           | 309   | 56.6 | 16.3  | 25.3 | 0.7  | 1.1 | 126   | 303  | 7     | 27     | 198 | 0.9 | 0.9 | 0.06 | 0.01 | 42    | 0       | 42        | 9.4  | 0.7 | 0  | 0.13 | 0.33 | 6.1   | 0.33 | 7.6 | 11 | 0.68   | 1 | 4.07 | 9.72 | 6.38 | 64    | 0.0      | 0.0      | 0.0     | 0.3     | 小麦・卵・さば・大豆             |        |       |                    |
| ピンクサーモン<br>【規格】 600g（10枚）/16           | 145   | 71.7 | 20.2  | 6.1  | 0.5  | 1.5 | 101   | 372  | 12    | 27     | 241 | 0.4 | 0.6 | 0.07 | 0.01 | 12    | 0       | 12        | 20.4 | 0.6 | 0  | 0.23 | 0.17 | 7.4   | 0.45 | 4.3 | 15 | 1.21   | 1 | 1.14 | 1.97 | 1.47 | 54    | 0.0      | 0.0      | 0.0     | 0.3     | 小麦・卵・さけ・大豆             |        |       |                    |
| ホキ<br>【規格】 600g（10枚）/16                | 74    | 82.3 | 14.3  | 1.1  | 0.9  | 1.4 | 248   | 278  | 17    | 20     | 134 | 0.3 | 0.3 | 0.02 | 0.01 | 36    | 0       | 36        | 0.8  | 0.8 | 0  | 0.03 | 0.14 | 1.1   | 0.06 | 0.6 | 11 | 0.35   | 0 | 0.20 | 0.35 | 0.24 | 41    | 0.0      | 0.0      | 0.0     | 0.6     | 小麦・卵・大豆                |        |       |                    |
| メルルーサ<br>【規格】 600g（10枚）/16             | 71    | 82.4 | 15.2  | 0.5  | 0.6  | 1.3 | 193   | 285  | 11    | 34     | 133 | 0.2 | 0.4 | 0.02 | 0.01 | 4     | 0       | 4         | 0.9  | 1.2 | 0  | 0.08 | 0.04 | 0.9   | 0.06 | 0.7 | 5  | 0.28   | 0 | 0.10 | 0.13 | 0.17 | 40    | 0.0      | 0.0      | 0.0     | 0.5     | 小麦・卵・大豆                |        |       |                    |
| 赤魚<br>【規格】 600g（10枚）/16                | 101   | 79.2 | 16.3  | 3.2  | 0.4  | 0.9 | 109   | 275  | 21    | 25     | 161 | 0.2 | 0.4 | 0.02 | 0.01 | 19    | 0       | 19        | 2.8  | 0.9 | 0  | 0.04 | 0.05 | 1.0   | 0.07 | 1.5 | 2  | 0.23   | 0 | 0.46 | 1.38 | 0.56 | 49    | 0.0      | 0.0      | 0.0     | 0.3     | 小麦・卵・大豆                |        |       |                    |
| ボーク<br>【規格】 600g（10枚）/12               | 202   | 65.0 | 14.6  | 12.3 | 6.7  | 1.4 | 350   | 185  | 13    | 13     | 106 | 0.4 | 1.2 | 0.05 | 0.01 | 2     | 0       | 2         | 0.0  | 0.8 | 1  | 0.38 | 0.12 | 3.5   | 0.17 | 0.2 | 3  | 0.52   | 1 | 2.40 | 3.45 | 2.59 | 32    | 0.0      | 0.0      | 0.0     | 0.9     | 小麦・卵・乳成分・大豆・豚肉・ゼラチン    |        |       |                    |
| チキン<br>【規格】 600g（10枚）/12               | 208   | 61.6 | 18.8  | 11.2 | 6.9  | 1.5 | 405   | 159  | 12    | 12     | 92  | 0.2 | 0.3 | 0.03 | 0.01 | 7     | 0       | 7         | 0.0  | 1.0 | 10 | 0.04 | 0.07 | 4.7   | 0.24 | 0.1 | 8  | 0.73   | 1 | 1.28 | 2.48 | 2.95 | 31    | 0.0      | 0.0      | 0.0     | 1.0     | 小麦・卵・乳成分・大豆・豚肉・豚肉・ゼラチン |        |       |                    |

| <div></div> <div>栄養成分（推定値）<br/>100g当たり</div> | エネルギー | 水分 | たんばく質 | 脂質 | 炭水化物 | 灰分 | 無機質   |      |      |      |      |      |      |      |      |      | ビタミン  |      |      |      |      |      |      |      |      |      |        |      |      |      | 飽和脂肪酸 | 一価不飽和脂肪酸 | 多価不飽和脂肪酸 | コレステロール | 水溶性食物繊維 | 不溶性食物繊維 | 食物繊維総量 | 食塩相当量 | アレルギー物質<br>（28品目中） |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |       |      |      |      |      |      |      |      |      |      |         |      |      |      |      |      |      |      |      |      |           |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      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|                                                                                                                               |       |    |       |    |      |    | ナトリウム |      |      |      |      |      |      |      |      |      | カルシウム |      |      |      |      |      |      |      |      |      | マグネシウム |      |      |      |       |          |          |         |         |         |        |       |                    | リン   |      |      |      |      |      |      |      |      |      | 鉄    |      |      |      |      |      |      |      |      |      | 亜鉛   |      |      |      |      |      |      |      |      |      | 銅    |      |      |      |      |      |      |      |      |      | マンガン |      |      |      |      |      |      |      |      |      | レチノール |      |      |      |      |      |      |      |      |      | βカロテン当量 |      |      |      |      |      |      |      |      |      | レチノール活性当量 |      |      |      |      |      |      |      |      |      | D    |      |      |      |      |      |      |      |      |      | E    |      |      |      |      |      |      |      |      |      | K    |      |      |      |      |      |      |      |      |      | B1   |      |      |      |      |      |      |      |      |      | B2   |      |      |      |      |      |      |      |      |      | ナイアシン |      |      |      |      |      |      |      |      |      | B6   |      |      |      |      |      |      |      |      |      | B12  |      |      |      |      |      |      |      |      |      | 葉酸   |      |      |      |      |      |      |      |      |      | パントテン酸 |      |      |      |      |      |      |      |      |      | C    |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      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(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) | (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) | (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) | (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) | (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) | (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) | (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) | (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) | (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) | (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) | (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) | (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) | (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) | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) |

| やさしい素材<br><br>栄養成分(推定値)<br>100g当たり | エネルギー | 水分   | たんばく質 | 脂質  | 炭水化物 | 灰分   | 無機質   |      |       |        |      |      |      |      | ビタミン |       |                   |               |      |      |      |      |      |       |      |      |      |        |     |      |      | 飽和脂肪酸 | 一価不飽和脂肪酸 | 多価不飽和脂肪酸 | コレステロール | 水溶性食物繊維 | 不溶性食物繊維 | 食物繊維総量         | 食塩相当量 | アレルギー物質<br>(28品目中) |
|------------------------------------|-------|------|-------|-----|------|------|-------|------|-------|--------|------|------|------|------|------|-------|-------------------|---------------|------|------|------|------|------|-------|------|------|------|--------|-----|------|------|-------|----------|----------|---------|---------|---------|----------------|-------|--------------------|
|                                    |       |      |       |     |      |      | ナトリウム | カリウム | カルシウム | マグネシウム | リン   | 鉄    | 亜鉛   | 銅    | マンガン | A     |                   |               | D    | E    | K    | B1   | B2   | ナイアシン | B6   | B12  | 葉酸   | パントテン酸 | C   |      |      |       |          |          |         |         |         |                |       |                    |
|                                    |       |      |       |     |      |      |       |      |       |        |      |      |      |      |      | レチノール | B1<br>カルコテン<br>当量 | レチノール<br>活性当量 |      |      |      |      |      |       |      |      |      |        |     |      |      |       |          |          |         |         |         |                |       |                    |
| (kcal)                             | (g)   | (g)  | (g)   | (g) | (g)  | (mg) | (mg)  | (mg) | (mg)  | (mg)   | (mg) | (mg) | (mg) | (mg) | (μg) | (μg)  | (μg)              | (μg)          | (mg) | (μg) | (mg) | (mg) | (mg) | (mg)  | (μg) | (μg) | (mg) | (mg)   | (g) | (g)  | (g)  | (mg)  | (g)      | (g)      | (g)     | (g)     |         |                |       |                    |
| 温野菜といも<br>【規格】 300g(3本)/30         | 132   | 69.5 | 3.6   | 5.3 | 20.9 | 0.7  | 95    | 173  | 22    | 10     | 33   | 0.2  | 5.4  | 0.05 | 0.2  | 0     | 2                 | 0             | 0.0  | 1.0  | 6    | 0.03 | 0.08 | 0.3   | 0.05 | 0.0  | 9    | 0.16   | 2   | 0.38 | 3.14 | 1.37  | 1        | －        | －       | 8.2     | 0.2     | 卵・乳成分・大豆       |       |                    |
| 温野菜れんこん<br>【規格】 300g(3本)/30        | 163   | 64.2 | 2.4   | 8.9 | 23.8 | 0.7  | 83    | 118  | 69    | 6      | 36   | 0.1  | 5.3  | 0.02 | 0.27 | 0     | 1                 | 0             | 0.0  | 1.5  | 11   | 0.02 | 0.05 | 0.1   | 0.03 | 0.0  | 3    | 0.20   | 6   | 0.63 | 5.30 | 2.31  | 1        | －        | －       | 11.8    | 0.2     | 卵・乳成分・大豆       |       |                    |
| 温野菜かぼちゃ<br>【規格】 300g(3本)/30        | 141   | 64.7 | 3.1   | 5.1 | 26.4 | 0.7  | 89    | 178  | 53    | 10     | 24   | 0.2  | 6.0  | 0.02 | 0.05 | 2     | 1178              | 98            | 0.0  | 2.0  | 11   | 0.02 | 0.09 | 0.4   | 0.06 | 0.0  | 16   | 0.17   | 11  | 0.47 | 2.96 | 1.28  | 1        | －        | －       | 13.7    | 0.2     | 卵・乳成分・大豆       |       |                    |
| 温野菜じゃがいも<br>【規格】 300g(3本)/30       | 131   | 70.2 | 2.5   | 5.5 | 21.1 | 0.7  | 56    | 218  | 35    | 12     | 44   | 0.2  | 4.8  | 0.03 | 0.05 | 2     | 2                 | 2             | 0.0  | 0.8  | 6    | 0.04 | 0.08 | 0.4   | 0.09 | 0.1  | 8    | 0.31   | 4   | 0.53 | 3.13 | 1.35  | 2        | －        | －       | 8.1     | 0.1     | 卵・乳成分・大豆       |       |                    |
| 温野菜やまいも<br>【規格】 300g(3本)/30        | 164   | 61.4 | 2.8   | 6.6 | 28.2 | 1.0  | 76    | 217  | 163   | 11     | 51   | 0.2  | 5.4  | 0.05 | 0.12 | 3     | 9                 | 3             | 0.0  | 1.4  | 8    | 0.04 | 0.10 | 0.3   | 0.09 | 0.1  | 15   | 0.42   | 8   | 0.63 | 3.83 | 1.65  | 2        | －        | －       | 11.3    | 0.2     | 卵・乳成分・大豆       |       |                    |
| 温野菜しいたけ<br>【規格】 300g(3本)/30        | 153   | 65.7 | 4.2   | 7.8 | 21.4 | 0.9  | 136   | 129  | 82    | 7      | 38   | 0.1  | 4.9  | 0.03 | 0.06 | 0     | 0                 | 0             | 0.1  | 1.2  | 9    | 0.03 | 0.12 | 0.6   | 0.04 | 0.0  | 6    | 0.28   | 0   | 0.57 | 4.59 | 2.05  | 1        | －        | －       | 10.0    | 0.3     | 卵・乳成分・大豆       |       |                    |
| 温野菜ひじき<br>【規格】 300g(3本)/30         | 144   | 66.2 | 3.9   | 6.6 | 21.8 | 1.5  | 180   | 242  | 175   | 22     | 47   | 0.2  | 5.4  | 0.03 | 0.05 | 0     | 96                | 8             | 0.0  | 1.0  | 20   | 0.02 | 0.12 | 0.2   | 0.02 | 0.1  | 4    | 0.16   | 0   | 0.52 | 3.77 | 1.77  | 2        | －        | －       | 10.0    | 0.5     | 小麦・卵・乳成分・ごま・大豆 |       |                    |
| 温野菜こんにゃく<br>【規格】 300g(3本)/30       | 145   | 68.6 | 3.0   | 7.7 | 19.7 | 1.0  | 147   | 72   | 124   | 4      | 20   | 0.2  | 4.7  | 0.02 | 0.02 | 0     | 0                 | 0             | 0.0  | 1.2  | 9    | 0.01 | 0.08 | 0.0   | 0.01 | 0.0  | 2    | 0.06   | 0   | 0.55 | 4.58 | 1.99  | 1        | －        | －       | 8.6     | 0.4     | 卵・乳成分・大豆       |       |                    |
| 温野菜ごぼう<br>【規格】 300g(3本)/30         | 165   | 64.5 | 2.6   | 8.5 | 23.7 | 0.7  | 90    | 105  | 78    | 15     | 23   | 0.2  | 4.9  | 0.06 | 0.07 | 0     | 0                 | 0             | 0.0  | 1.5  | 10   | 0.01 | 0.06 | 0.1   | 0.03 | 0.0  | 21   | 0.09   | 0   | 0.61 | 5.08 | 2.23  | 1        | －        | －       | 11.3    | 0.2     | 卵・乳成分・大豆       |       |                    |
| 温野菜いんげん<br>【規格】 300g(3本)/30        | 115   | 68.9 | 4.1   | 2.9 | 22.8 | 1.3  | 127   | 183  | 179   | 13     | 39   | 0.3  | 4.8  | 0.04 | 0.16 | 0     | 244               | 20            | 0.0  | 0.5  | 25   | 0.03 | 0.13 | 0.3   | 0.04 | 0.0  | 24   | 0.14   | 3   | 0.22 | 1.63 | 0.75  | 1        | －        | －       | 10.5    | 0.3     | 卵・乳成分・大豆       |       |                    |
| 温野菜にんじん<br>【規格】 300g(3本)/30        | 160   | 65.0 | 3.4   | 7.4 | 23.3 | 0.9  | 123   | 164  | 93    | 7      | 30   | 0.1  | 4.8  | 0.03 | 0.09 | 0     | 3656              | 307           | 0.0  | 1.3  | 16   | 0.03 | 0.10 | 0.3   | 0.05 | 0.0  | 10   | 0.17   | 2   | 0.54 | 4.40 | 1.93  | 1        | －        | －       | 9.3     | 0.3     | 卵・乳成分・大豆       |       |                    |
| 温野菜キャベツ<br>【規格】 300g(3本)/30        | 126   | 69.4 | 3.7   | 4.7 | 21.2 | 1.0  | 119   | 172  | 121   | 11     | 49   | 0.2  | 4.8  | 0.02 | 0.08 | 0     | 20                | 2             | 0.0  | 0.7  | 37   | 0.03 | 0.11 | 0.1   | 0.05 | 0.1  | 32   | 0.24   | 17  | 0.35 | 2.73 | 1.19  | 1        | －        | －       | 8.3     | 0.3     | 卵・乳成分・大豆       |       |                    |
| 温野菜こまつな<br>【規格】 300g(3本)/30        | 111   | 69.6 | 4.0   | 3.3 | 21.1 | 2.0  | 134   | 129  | 473   | 9      | 40   | 0.9  | 4.8  | 0.04 | 0.09 | 0     | 1301              | 109           | 0.0  | 1.1  | 138  | 0.02 | 0.12 | 0.2   | 0.03 | 0.0  | 38   | 0.17   | 9   | 0.25 | 1.94 | 0.86  | 1        | －        | －       | 10.7    | 0.3     | 卵・乳成分・大豆       |       |                    |

| やさいの素材<br>栄養成分(推定値)<br>100g当たり  | エネルギー  | 水分   | たんばく質 | 脂質  | 炭水化物 | 灰分  | 無機質   |      |       |        |      |      |      |      | ビタミン |      |      |      |      |      |      |      |      |       |      |      |      |        |      | 飽和脂肪酸 | 一価不飽和脂肪酸 | 多価不飽和脂肪酸 | コレステロール | 水溶性食物繊維 | 不溶性食物繊維 | 食物繊維総量 | 食塩相当量 | アレルギー物質<br>(28品目中) |
|---------------------------------|--------|------|-------|-----|------|-----|-------|------|-------|--------|------|------|------|------|------|------|------|------|------|------|------|------|------|-------|------|------|------|--------|------|-------|----------|----------|---------|---------|---------|--------|-------|--------------------|
|                                 |        |      |       |     |      |     | ナトリウム | カリウム | カルシウム | マグネシウム | リン   | 鉄    | 亜鉛   | 銅    | マンガン | A    |      |      | D    | E    | K    | B1   | B2   | ナイアシン | B6   | B12  | 葉酸   | パントテン酸 | C    |       |          |          |         |         |         |        |       |                    |
|                                 | (kcal) | (g)  | (g)   | (g) | (g)  | (g) | (mg)  | (mg) | (mg)  | (mg)   | (mg) | (mg) | (mg) | (mg) | (mg) | (mg) | (μg) | (μg) | (μg) | (mg) | (μg) | (mg) | (mg) | (mg)  | (mg) | (μg) | (μg) | (μg)   | (mg) |       |          |          |         |         |         |        |       |                    |
| とけないコーン<br>【規格】300g(10本)/15×2   | 50     | 87.8 | 0.8   | 0.7 | 10.4 | 0.3 | 53    | 56   | 2     | 6      | 20   | 0.1  | 0.1  | 0.01 | 0.03 | 0    | 19   | 2    | 0.0  | 0.0  | 0    | 0.02 | 0.02 | 0.4   | 0.02 | 0.0  | 13   | 0.09   | 1    | 0.07  | 0.10     | 0.15     | 0       | -       | -       | 2.0    | 0.1   | 乳成分・大豆             |
| とけないいんじん<br>【規格】300g(10本)/15×2  | 37     | 90.2 | 0.3   | 0.4 | 8.7  | 0.4 | 82    | 87   | 10    | 3      | 8    | 0.1  | 0.1  | 0.02 | 0.04 | 0    | 2573 | 214  | 0.0  | 0.2  | 6    | 0.02 | 0.02 | 0.2   | 0.03 | 0.0  | 7    | 0.10   | 2    | 0.00  | 0.00     | 0.01     | 0       | -       | -       | 1.1    | 0.2   | 小麦・乳成分・大豆          |
| とけないだいこん<br>【規格】360g(8個)/12×2   | 30     | 91.9 | 0.2   | 0.2 | 7.2  | 0.5 | 84    | 111  | 12    | 5      | 8    | 0.1  | 0.0  | 0.01 | 0.02 | 0    | 0    | 0    | 0.0  | 0.0  | 0    | 0.01 | 0.00 | 0.1   | 0.02 | 0.0  | 16   | 0.05   | 5    | 0.00  | 0.00     | 0.01     | 0       | -       | -       | 1.0    | 0.2   | 小麦・乳成分・大豆          |
| とけないたまねぎ<br>【規格】360g(8個)/12×2   | 36     | 90.6 | 0.4   | 0.3 | 8.4  | 0.3 | 47    | 63   | 10    | 4      | 14   | 0.1  | 0.1  | 0.02 | 0.06 | 0    | 0    | 0    | 0.0  | 0.0  | 0    | 0.01 | 0.00 | 0.0   | 0.06 | 0.0  | 7    | 0.08   | 3    | 0.00  | 0.00     | 0.01     | 0       | -       | -       | 0.9    | 0.1   | 小麦・乳成分・大豆          |
| とけないがらぎ<br>【規格】315g(7本)/15×2    | 40     | 89.4 | 0.6   | 0.4 | 9.2  | 0.4 | 46    | 81   | 15    | 6      | 11   | 0.1  | 0.1  | 0.02 | 0.05 | 0    | 32   | 3    | 0.0  | 0.1  | 3    | 0.02 | 0.02 | 0.2   | 0.05 | 0.0  | 28   | 0.07   | 5    | 0.01  | 0.00     | 0.01     | 1       | -       | -       | 1.3    | 0.1   | 小麦・乳成分・大豆          |
| とけないなす<br>【規格】180g(6個)/30×2     | 31     | 91.8 | 0.3   | 0.3 | 7.2  | 0.4 | 87    | 62   | 6     | 5      | 9    | 0.1  | 0.1  | 0.02 | 0.05 | 0    | 27   | 2    | 0.0  | 0.1  | 3    | 0.01 | 0.01 | 0.1   | 0.01 | 0.0  | 9    | 0.09   | 1    | 0.01  | 0.00     | 0.00     | 0       | -       | -       | 1.0    | 0.2   | 小麦・乳成分・大豆          |
| とけないピーマン<br>【規格】180g(6個)/30×2   | 29     | 92.5 | 0.2   | 0.3 | 6.8  | 0.2 | 45    | 48   | 4     | 3      | 6    | 0.1  | 0.0  | 0.02 | 0.03 | 0    | 96   | 8    | 0.0  | 0.2  | 5    | 0.01 | 0.01 | 0.1   | 0.05 | 0.0  | 6    | 0.07   | 18   | 0.00  | 0.00     | 0.01     | 0       | -       | -       | 1.0    | 0.1   | 乳成分・大豆             |
| とけないほうれんそう<br>【規格】180g(6個)/30×2 | 31     | 91.6 | 1.1   | 0.4 | 6.4  | 0.5 | 85    | 81   | 29    | 17     | 17   | 0.3  | 0.2  | 0.04 | 0.28 | 0    | 1980 | 165  | 0.0  | 0.9  | 92   | 0.02 | 0.05 | 0.2   | 0.04 | 0.0  | 43   | 0.06   | 7    | 0.01  | 0.00     | 0.03     | 0       | -       | -       | 1.4    | 0.2   | 小麦・乳成分・大豆          |
| とけないわかめ<br>【規格】180g(6個)/30×2    | 32     | 91.0 | 0.4   | 0.4 | 7.6  | 0.6 | 214   | 12   | 19    | 9      | 7    | 0.1  | 0.1  | 0.00 | 0.00 | 0    | 0    | 3    | 0.0  | 0.0  | 34   | 0.00 | 0.00 | 0.0   | 0.00 | 0.0  | 0    | 0.00   | 0    | 0.01  | 0.00     | 0.03     | 0       | -       | -       | 1.1    | 0.5   | 小麦・乳成分・大豆          |
| とけないくず<br>【規格】180g(6個)/30×2     | 30     | 92.1 | 0.3   | 0.4 | 6.8  | 0.4 | 45    | 89   | 18    | 4      | 14   | 0.1  | 0.1  | 0.01 | 0.05 | 0    | 39   | 3    | 0.0  | 0.1  | 23   | 0.01 | 0.01 | 0.2   | 0.04 | 0.0  | 24   | 0.10   | 7    | 0.00  | 0.00     | 0.01     | 0       | -       | -       | 0.8    | 0.1   | 小麦・乳成分・大豆          |
| とけないだまめ<br>【規格】180g(6個)/30×2    | 57     | 86.9 | 2.6   | 1.7 | 8.2  | 0.6 | 103   | 132  | 14    | 14     | 38   | 0.6  | 0.3  | 0.09 | 0.16 | 0    | 57   | 5    | 0.0  | 0.2  | 7    | 0.07 | 0.03 | 0.4   | 0.03 | 0.0  | 70   | 0.12   | 6    | 0.18  | 0.41     | 0.61     | 0       | -       | -       | 1.4    | 0.3   | 小麦・乳成分・大豆          |
| ミニとけないいんじん<br>【規格】500g/10×2     | 32     | 91.1 | 0.3   | 0.0 | 8.1  | 0.5 | 82    | 87   | 10    | 3      | 8    | 0.1  | 0.1  | 0.02 | 0.03 | 0    | 2573 | 214  | 0.0  | 0.2  | 6    | 0.02 | 0.02 | 0.2   | 0.03 | 0.0  | 7    | 0.10   | 2    | 0.00  | 0.00     | 0.01     | 0       | -       | -       | 1.1    | 0.2   | 小麦・大豆              |
| ミニとけないだいこん<br>【規格】500g/10×2     | 29     | 91.9 | 0.2   | 0.1 | 7.3  | 0.5 | 86    | 111  | 12    | 5      | 8    | 0.1  | 0.0  | 0.01 | 0.02 | 0    | 0    | 0    | 0.0  | 0.0  | 0    | 0.01 | 0.00 | 0.1   | 0.02 | 0.0  | 16   | 0.05   | 5    | 0.00  | 0.00     | 0.01     | 0       | -       | -       | 1.0    | 0.2   | 小麦・大豆              |
| ミニとけないたまねぎ<br>【規格】500g/10×2     | 36     | 90.0 | 0.5   | 0.1 | 9.0  | 0.4 | 58    | 63   | 10    | 4      | 14   | 0.1  | 0.1  | 0.02 | 0.06 | 0    | 0    | 0    | 0.0  | 0.0  | 0    | 0.01 | 0.00 | 0.0   | 0.06 | 0.0  | 7    | 0.08   | 3    | 0.00  | 0.00     | 0.01     | 0       | -       | -       | 1.0    | 0.1   | 小麦・大豆・鶏肉           |
| ミニとけないなす<br>【規格】500g/10×2       | 32     | 91.7 | 0.3   | 0.4 | 7.3  | 0.3 | 51    | 62   | 6     | 5      | 9    | 0.1  | 0.1  | 0.02 | 0.04 | 0    | 27   | 2    | 0.0  | 0.1  | 3    | 0.01 | 0.01 | 0.1   | 0.01 | 0.0  | 9    | 0.09   | 1    | 0.01  | 0.00     | 0.00     | 0       | -       | -       | 1.0    | 0.1   | 小麦・乳成分・大豆          |
| ミニとけないピーマン<br>【規格】500g/10×2     | 33     | 91.6 | 0.3   | 0.4 | 7.4  | 0.3 | 65    | 48   | 4     | 3      | 6    | 0.1  | 0.0  | 0.02 | 0.02 | 0    | 96   | 8    | 0.0  | 0.2  | 5    | 0.01 | 0.01 | 0.1   | 0.05 | 0.0  | 6    | 0.07   | 18   | 0.00  | 0.00     | 0.01     | 0       | -       | -       | 1.1    | 0.2   | 乳成分・大豆・鶏肉          |
| ミニとけないほうれんそう<br>【規格】500g/10×2   | 30     | 91.9 | 1.1   | 0.4 | 6.1  | 0.5 | 90    | 82   | 29    | 17     | 18   | 0.3  | 0.2  | 0.04 | 0.28 | 0    | 1980 | 165  | 0.0  | 0.9  | 92   | 0.02 | 0.05 | 0.2   | 0.04 | 0.0  | 43   | 0.06   | 7    | 0.01  | 0.00     | 0.03     | 0       | -       | -       | 1.4    | 0.2   | 小麦・乳成分・大豆・鶏肉       |
| ミニとけないはくさい<br>【規格】500g/10×2     | 27     | 92.5 | 0.4   | 0.1 | 6.6  | 0.4 | 57    | 89   | 18    | 4      | 14   | 0.1  | 0.1  | 0.01 | 0.04 | 0    | 39   | 3    | 0.0  | 0.1  | 23   | 0.01 | 0.01 | 0.2   | 0.04 | 0.0  | 24   | 0.10   | 7    | 0.00  | 0.00     | 0.01     | 0       | -       | -       | 0.9    | 0.1   | 小麦・大豆・鶏肉           |
| ミニとけないやまいも<br>【規格】500g/10×2     | 91     | 80.7 | 0.4   | 3.0 | 15.4 | 0.5 | 108   | 88   | 1     | 5      | 6    | 0.1  | 0.1  | 0.02 | 0.04 | 0    | 0    | 0    | 0.0  | 0.5  | 4    | 0.01 | 0.01 | 0.2   | 0.05 | 0.0  | 6    | 0.14   | 4    | 0.21  | 1.80     | 0.79     | 0       | -       | -       | 0.9    | 0.3   | 乳成分・大豆             |
| ミニとけないいちぢけ<br>【規格】500g/10×2     | 30     | 91.2 | 0.8   | 0.5 | 7.1  | 0.4 | 63    | 65   | 2     | 4      | 21   | 0.1  | 0.2  | 0.02 | 0.05 | 0    | 0    | 0    | 0.2  | 0.0  | 0    | 0.02 | 0.03 | 0.6   | 0.04 | 0.0  | 4    | 0.22   | 0    | 0.02  | 0.00     | 0.06     | 0       | -       | -       | 1.8    | 0.2   | 小麦・乳成分・大豆          |
| きゅうり<br>【規格】315g(7本)/12×2       | 80     | 78.1 | 0.4   | 0.0 | 21.0 | 0.5 | 60    | 61   | 68    | 5      | 11   | 3.7  | 4.7  | 0.03 | 0.02 | 0    | 99   | 8    | 0.0  | 0.1  | 10   | 0.01 | 0.01 | 0.1   | 0.02 | 0.0  | 8    | 0.10   | 4    | 0.00  | 0.00     | 0.00     | 0       | -       | -       | 2.9    | 0.2   | 小麦・大豆              |
| コーン<br>【規格】390g(15個)/12×2       | 102    | 69.4 | 0.7   | 0.4 | 29.1 | 0.4 | 25    | 48   | 61    | 5      | 17   | 3.3  | 4.7  | 0.01 | 0.02 | 0    | 17   | 1    | 0.0  | 0.0  | 0    | 0.02 | 0.01 | 0.4   | 0.02 | 0.0  | 12   | 0.08   | 0    | 0.06  | 0.09     | 0.13     | 0       | -       | -       | 10.9   | 0.1   | -                  |
| ブロッコリー<br>【規格】390g(15個)/12×2    | 69     | 76.0 | 1.9   | 0.2 | 21.3 | 0.6 | 19    | 98   | 111   | 8      | 34   | 8.7  | 4.8  | 0.03 | 0.09 | 0    | 384  | 32   | 0.0  | 1.3  | 88   | 0.03 | 0.04 | 0.2   | 0.06 | 0.0  | 56   | 0.34   | 25   | 0.02  | 0.02     | 0.04     | 0       | -       | -       | 12.0   | 0.05  | -                  |
| トマト<br>【規格】390g(15個)/12×2       | 59     | 80.3 | 0.6   | 0.0 | 18.4 | 0.7 | 36    | 148  | 78    | 8      | 11   | 3.5  | 4.7  | 0.06 | 0.06 | 0    | 189  | 16   | 0.0  | 0.8  | 3    | 0.03 | 0.02 | 0.5   | 0.06 | 0.0  | 9    | 0.14   | 3    | 0.01  | 0.00     | 0.01     | 0       | -       | -       | 7.5    | 0.1   | -                  |
| ほうれんそう<br>【規格】390g(15個)/12×2    | 65     | 76.5 | 1.0   | 0.1 | 21.3 | 1.1 | 114   | 64   | 257   | 15     | 14   | 10.8 | 4.8  | 0.03 | 0.24 | 0    | 1590 | 132  | 0.0  | 0.8  | 90   | 0.02 | 0.04 | 0.1   | 0.03 | 0.0  | 36   | 0.05   | 6    | 0.01  | 0.00     | 0.04     | 0       | -       | -       | 12.6   | 0.3   | 小麦・乳成分・大豆・鶏肉       |
| にんじん<br>【規格】390g(15個)/12×2      | 76     | 76.9 | 0.6   | 0.1 | 21.7 | 0.7 | 67    | 110  | 91    | 5      | 18   | 4.3  | 4.7  | 0.02 | 0.07 | 0    | 3480 | 292  | 0.0  | 0.2  | 7    | 0.03 | 0.03 | 0.3   | 0.04 | 0.0  | 8    | 0.13   | 2    | 0.01  | 0.00     | 0.02     | 0       | -       | -       | 7.5    | 0.2   | 小麦・乳成分・大豆・鶏肉       |
| キャベツ<br>【規格】390g(15個)/12×2      | 53     | 82.5 | 0.6   | 0.1 | 16.2 | 0.6 | 11    | 87   | 170   | 6      | 12   | 3.8  | 4.7  | 0.01 | 0.07 | 0    | 22   | 2    | 0.0  | 0.0  | 34   | 0.02 | 0.01 | 0.1   | 0.05 | 0.0  | 34   | 0.09   | 18   | 0.01  | 0.00     | 0.01     | 0       | -       | -       | 7.5    | 0.03  | -                  |

