

1.1 参考

(1) いも類及び関連品目の成分表

| | | エネルギー | | 水分 | たんばく質 | アミノ酸組成によるたんばく質 | 脂質 | トリアシルグリセロール当量 | 炭水化物 | 灰分 | 無機質 | | | | | | | | | | | | | | | | | |
|-----|----------------|-------|------|------|-------|----------------|------|---------------|------|-----|-------|------|-------|--------|-----|-----|-----|------|------|------|------|------|-------|----|-----|----|----|----|
| | | kcal | KJ | | | | | | | | g | | | | | | | | | mg | | | | | μg | | | |
| | | | | | | | | | | | 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 | ヨウ素 | セレン | クロム | モリブデン | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | 11 | 480 | 36 | 24 | 47 |
| 生 | 甘しょ | 126 | 536 | 65.6 | 1.2 | 1.0 | 0.2 | 0.1 | 31.9 | 1.0 | 11 | 480 | 36 | 24 | 47 | 0.6 | 0.2 | 0.17 | 0.41 | 1 | 0 | 1 | 4 | | | | | |
| | 馬鈴しょ | 59 | 245 | 79.8 | 1.8 | 1.3 | 0.1 | Tr | 17.3 | 1.0 | 1 | 410 | 4 | 19 | 47 | 0.4 | 0.2 | 0.09 | 0.37 | 1 | 0 | 4 | 3 | | | | | |
| | 菊いも | 66 | 278 | 81.7 | 1.9 | - | 0.4 | - | 14.7 | 1.3 | 1 | 610 | 14 | 16 | 66 | 0.3 | 0.3 | 0.17 | 0.08 | 1 | Tr | Tr | 2 | | | | | |
| | 里いも | 53 | 227 | 84.1 | 1.5 | 1.2 | 0.1 | 0.1 | 13.1 | 1.2 | Tr | 640 | 10 | 19 | 55 | 0.5 | 0.3 | 0.15 | 0.19 | Tr | 1 | 0 | 8 | | | | | |
| | 精白米 (水稲) | 342 | 1455 | 14.9 | 6.1 | 5.3 | 0.9 | 0.8 | 77.6 | 0.4 | 1 | 89 | 5 | 23 | 95 | 0.8 | 1.4 | 0.22 | 0.81 | 0 | 2 | 0 | 69 | | | | | |
| | 小麦粉 (2等中力粉) | 346 | 1466 | 14.0 | 9.7 | 8.9 | 1.8 | (1.6) | 74.0 | 0.5 | 1 | 110 | 24 | 26 | 80 | 1.1 | 0.6 | 0.14 | 0.77 | 0 | 7 | 2 | 10 | | | | | |
| 調理品 | 甘しょ 蒸し | 131 | 559 | 65.6 | 1.2 | 1.0 | 0.2 | (0.1) | 31.9 | 1.0 | 11 | 480 | 36 | 24 | 47 | 0.6 | 0.2 | 0.17 | 0.41 | 1 | Tr | Tr | 4 | | | | | |
| | 甘しょ 焼き | 151 | 643 | 58.1 | 1.4 | 1.2 | 0.2 | (0.1) | 39.0 | 1.3 | 13 | 540 | 34 | 23 | 55 | 0.7 | 0.2 | 0.20 | 0.32 | - | - | - | - | | | | | |
| | 馬鈴しょ 蒸し | 76 | 322 | 78.8 | 1.9 | 1.5 | 0.3 | (0.1) | 18.1 | 0.9 | 1 | 420 | 5 | 24 | 38 | 0.6 | 0.3 | 0.08 | 0.12 | Tr | Tr | 1 | 4 | | | | | |
| | 馬鈴しょ 水煮 | 71 | 301 | 80.6 | 1.7 | 1.4 | 0.1 | (Tr) | 16.9 | 0.7 | 1 | 340 | 4 | 16 | 32 | 0.6 | 0.2 | 0.10 | 0.10 | 0 | 0 | 2 | 3 | | | | | |
| | ごはん (精白米) | 156 | 663 | 60.0 | 2.5 | 2.0 | 0.3 | 0.2 | 37.1 | 0.1 | 1 | 29 | 3 | 7 | 34 | 0.1 | 0.6 | 0.10 | 0.35 | 0 | 1 | 0 | 30 | | | | | |
| 加工品 | 甘しょ 蒸し切り干し | 277 | 1176 | 22.2 | 3.1 | 2.7 | 0.6 | 0.2 | 71.9 | 2.2 | 18 | 980 | 53 | 45 | 93 | 2.1 | 0.5 | 0.30 | 0.40 | - | - | - | - | | | | | |
| | 馬鈴しょ フライドポテト | 159 | 668 | 64.2 | 2.7 | 2.1 | 5.9 | 5.5 | 26.2 | 1.0 | 1 | 570 | 5 | 29 | 78 | 0.5 | 0.4 | 0.14 | 0.48 | 1 | 0 | Tr | 4 | | | | | |
| | 馬鈴しょ 乾燥マッシュ | 347 | 1470 | 7.5 | 6.6 | 5.3 | 0.6 | 0.5 | 82.8 | 2.5 | 75 | 1200 | 24 | 71 | 150 | 3.1 | 0.9 | 0.35 | 0.51 | - | - | - | - | | | | | |
| | 馬鈴しょ ポテトチップ | 541 | 2255 | 2.0 | 4.7 | (4.4) | 35.2 | (34.2) | 54.7 | 3.4 | 400 | 1200 | 17 | 70 | 100 | 1.7 | 0.5 | 0.21 | 0.40 | 260 | 0 | 3 | 10 | | | | | |
| | とうもろこし ポップコーン | 472 | 1979 | 4.0 | 10.2 | (8.7) | 22.8 | (21.7) | 59.6 | 3.4 | 570 | 300 | 7 | 95 | 290 | 4.3 | 2.4 | 0.20 | - | - | - | - | - | | | | | |
| | とうもろこし コーンフレーク | 380 | 1618 | 4.5 | 7.8 | 6.8 | 1.7 | (1.2) | 83.6 | 2.4 | 830 | 95 | 1 | 14 | 45 | 0.9 | 0.2 | 0.07 | - | Tr | 5 | 3 | 15 | | | | | |
| | 小麦 食パン (市販) | 248 | 1051 | 39.2 | 8.9 | 7.4 | 4.1 | 3.7 | 46.4 | 1.4 | 470 | 86 | 22 | 18 | 67 | 0.5 | 0.5 | 0.09 | 0.25 | 1 | 22 | 1 | 15 | | | | | |
| でん粉 | 甘しょ | 340 | 1452 | 17.5 | 0.1 | - | 0.2 | - | 82.0 | 0.2 | 1 | 4 | 50 | 4 | 8 | 2.8 | 0.1 | 0.02 | - | - | - | - | - | | | | | |
| | 馬鈴しょ | 338 | 1442 | 18.0 | 0.1 | - | 0.1 | - | 81.6 | 0.2 | 2 | 34 | 10 | 6 | 40 | 0.6 | Tr | 0.03 | - | 0.00 | 0.00 | 6.00 | 0.00 | | | | | |
| | キャッサバ | 354 | 1510 | 14.2 | 0.1 | - | 0.2 | - | 85.3 | 0.2 | 1 | 48 | 28 | 5 | 6 | 0.3 | Tr | 0.03 | 0.09 | - | - | - | - | | | | | |
| | とうもろこし | 363 | 1548 | 12.8 | 0.1 | - | 0.7 | (0.7) | 86.3 | 0.1 | 1 | 5 | 3 | 4 | 13 | 0.3 | 0.1 | 0.04 | - | 1 | Tr | 1 | 2 | | | | | |

資料：「日本食品標準成分表2020」

※記号説明 (O)：推定値、(Tr)：推定値・微量、Tr：微量、-：未測定

(可食部100g当たり)

| ビタミン | | | | | | | | | | | | | | | | | | | | | | | | 脂肪酸 | | | 食物繊維 | | | 食塩相当量 | 廃棄率 |
|-------|------|-----|-------------|----------|-----|---------|-----|-----|-----|-----|-----|------|-------|-----|------|-----|--------|------|------|------|--------|---------|---------|-----|------|-----|------|-----|----|-------|-----|
| A | | | | | D | E | | | | K | B1 | B2 | ナイアシン | B6 | B12 | 葉酸 | パントテン酸 | ビオチン | C | 飽和 | 一価不飽和 | 多価不飽和 | コレステロール | 水溶性 | 不溶性 | 総量 | | | | | |
| レチノール | カロテン | | β-クリプトキサンチン | β-カロテン当量 | | レチノール当量 | α | β | γ | | | | | | | | | | | | | | | | | | δ | α | β | γ | δ |
| | (0) | 0 | | | 28 | | | | | 0 | 28 | 2 | (0) | 1.5 | Tr | Tr | 0 | (0) | 0.11 | 0.04 | 0.8 | 0.26 | (0) | 49 | 0.90 | 4.1 | | | | | |
| (0) | Tr | 2 | 0 | 3 | 0 | (0) | Tr | 0 | 0 | 0 | 1 | 0.09 | 0.03 | 1.5 | 0.2 | (0) | 20 | 0.50 | 0.4 | 28 | 0.02 | 0 | 0.02 | (0) | 0.4 | 0.8 | 8.9 | 0.0 | 10 | | |
| (0) | 0 | 0 | 0 | 0 | 0 | (0) | 0.2 | Tr | 0 | 0 | (0) | 0.08 | 0.04 | 1.6 | 0.09 | (0) | 20 | 0.37 | 3.7 | 10 | | | | (0) | 0.5 | 1.4 | 1.9 | 0.0 | 20 | | |
| (0) | 0 | 5 | 0 | 5 | Tr | (0) | 0.6 | 0 | 0 | 0 | (0) | 0.07 | 0.02 | 1.0 | 0.15 | (0) | 30 | 0.48 | 3.1 | 6 | 0.01 | Tr | 0.03 | (0) | 0.8 | 1.5 | 2.3 | 0.0 | 15 | | |
| (0) | 0 | 0 | 0 | 0 | (0) | (0) | 0.1 | Tr | 0 | 0 | 0 | 0.08 | 0.02 | 1.2 | 0.12 | (0) | 12 | 0.66 | 1.4 | (0) | 0.29 | 0.21 | 0.31 | (0) | Tr | 0.5 | 0.5 | 0.0 | 0 | | |
| 0 | - | - | - | (0) | (0) | 0 | 0.8 | 0.4 | 0 | 0 | (0) | 0.22 | 0.04 | 1.2 | 0.07 | 0 | 12 | 0.66 | 2.6 | (0) | (0.41) | (0.16) | (0.91) | (0) | 0.9 | 1.2 | 2.1 | 0.0 | 0 | | |
| (0) | 0 | 29 | 1 | 29 | 2 | (0) | 1.5 | Tr | Tr | 0 | (0) | 0.11 | 0.04 | 0.8 | 0.27 | (0) | 50 | 0.90 | 5.0 | 29 | (0.03) | (Tr) | (0.02) | (0) | 0.6 | 1.7 | 2.3 | Tr | 5 | | |
| (0) | - | - | - | 6 | 1 | (0) | 1.3 | Tr | 0 | 0 | (0) | 0.12 | 0.06 | 1.0 | 0.33 | (0) | 47 | 1.30 | - | 23 | (0.03) | (Tr) | (0.03) | (0) | 1.1 | 2.4 | 3.5 | 0.0 | 10 | | |
| (0) | 1 | 4 | 1 | 5 | Tr | (0) | 0.1 | 0 | 0 | 0 | (0) | 0.08 | 0.03 | 1.0 | 0.22 | (0) | 21 | 0.50 | 0.4 | 11 | (0.04) | (Tr) | (0.06) | (0) | 0.5 | 1.1 | 3.5 | 0.0 | 5 | | |
| (0) | Tr | 2 | Tr | 3 | 0 | (0) | 0.1 | Tr | Tr | Tr | (0) | 0.07 | 0.03 | 1.0 | 0.18 | (0) | 18 | 0.41 | 0.3 | 18 | (0) | (0) | (0.03) | (0) | 0.5 | 1.1 | 3.1 | 0.0 | 0 | | |
| (0) | 0 | 0 | 0 | 0 | (0) | (0) | Tr | Tr | 0 | 0 | (0) | 0.02 | 0.01 | 0.2 | 0.02 | (0) | 3 | 0.25 | 0.5 | (0) | 0.10 | 0.05 | 0.08 | (0) | 0.0 | 0.3 | 1.5 | 0.0 | 0 | | |
| (0) | - | - | - | Tr | (0) | (0) | 1.3 | Tr | 0 | 0 | (0) | 0.19 | 0.08 | 1.6 | 0.41 | (0) | 13 | 1.35 | - | 9 | 0.06 | 0.01 | 0.12 | (0) | 2.4 | 3.5 | 5.9 | 0.0 | 0 | | |
| (0) | 1 | 13 | 1 | 14 | 1 | (0) | 1.2 | 0 | 2.3 | 0.1 | 11 | 0.1 | 0.02 | 2.2 | 0.24 | (0) | 24 | 0.50 | 0.7 | 16 | 0.41 | 3.33 | 1.55 | 1 | - | - | 3.9 | 0.0 | 0 | | |
| (0) | - | - | - | 0 | (0) | (0) | 0.2 | Tr | Tr | Tr | (0) | 0.25 | 0.05 | 2.0 | 1.01 | (0) | 100 | 0.47 | - | 5 | 0.30 | 0.1 | 0.07 | (0) | 2.5 | 4.1 | 6.6 | 0.2 | 0 | | |
| (0) | - | - | - | (0) | (0) | - | 6.2 | 0.3 | 0.8 | 0.1 | - | 0.26 | 0.06 | 4.3 | - | - | 70 | 0.94 | 1.6 | 15 | (4) | (14.47) | (14.41) | Tr | 1.1 | 3.1 | 4.2 | 1.0 | 0 | | |
| (0) | 3 | 91 | 170 | 180 | 15 | (0) | 3 | 0.1 | 8.3 | 0.4 | - | 0.13 | 0.08 | 2.0 | 0.27 | (0) | 22 | 0.46 | - | (0) | (6.3) | (6.76) | (7.73) | (0) | 0.2 | 9.1 | 9.3 | 1.4 | 0 | | |
| (0) | 10 | 72 | 80 | 120 | 10 | (0) | 0.3 | 0.1 | 3.1 | 2 | (0) | 0.03 | 0.02 | 0.3 | 0.04 | (0) | 6 | 0.22 | 1.6 | (0) | (0.4) | (0.20) | (0.55) | (0) | 0.3 | 2.1 | 2.4 | 2.1 | 0 | | |
| 0 | 0 | 4 | 0 | 4 | 0 | 0 | 0.4 | 0.1 | 0.3 | 0.1 | 0 | 0.07 | 0.05 | 1.1 | 0.03 | Tr | 30 | 0.42 | 2.3 | 0 | 1.50 | 1.24 | 0.82 | 0 | 0.4 | 1.9 | 4.2 | 1.2 | 0 | | |
| 0 | - | - | - | 0 | 0 | (0) | - | - | - | - | (0) | 0 | 0 | 0 | (0) | (0) | (0) | (0) | - | 0 | | | | (0) | | | (0) | 0 | 0 | | |
| 0 | (0) | (0) | (0) | 0 | 0 | (0) | - | - | - | - | (0) | 0 | 0 | 0 | (0) | (0) | (0) | (0) | 0.0 | 0 | | | | (0) | | | (0) | 0 | 0 | | |
| 0 | - | - | - | 0 | 0 | (0) | - | - | - | - | (0) | 0 | 0 | 0 | (0) | (0) | (0) | (0) | - | 0 | | | | (0) | | | (0) | 0 | 0 | | |
| 0 | - | - | - | 0 | 0 | (0) | - | - | - | - | (0) | 0 | 0 | 0 | (0) | (0) | (0) | (0) | 0.1 | 0 | (0.13) | (0.22) | (0.35) | (0) | | | (0) | 0 | 0 | | |