たんぱく質が多い食品 -100gあたり-

18.6g 納豆 16.5g 16.4g さば 20.6g



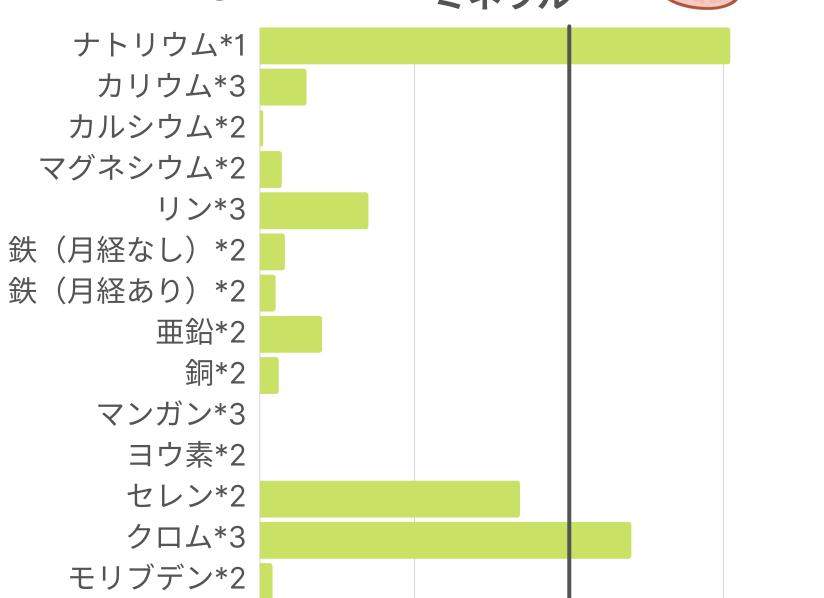
ハムの栄養



100%



充足率



15%

152%

1%

7%

35%

8%

5%

20%

6%

0%

0%

84%

120%

4%

