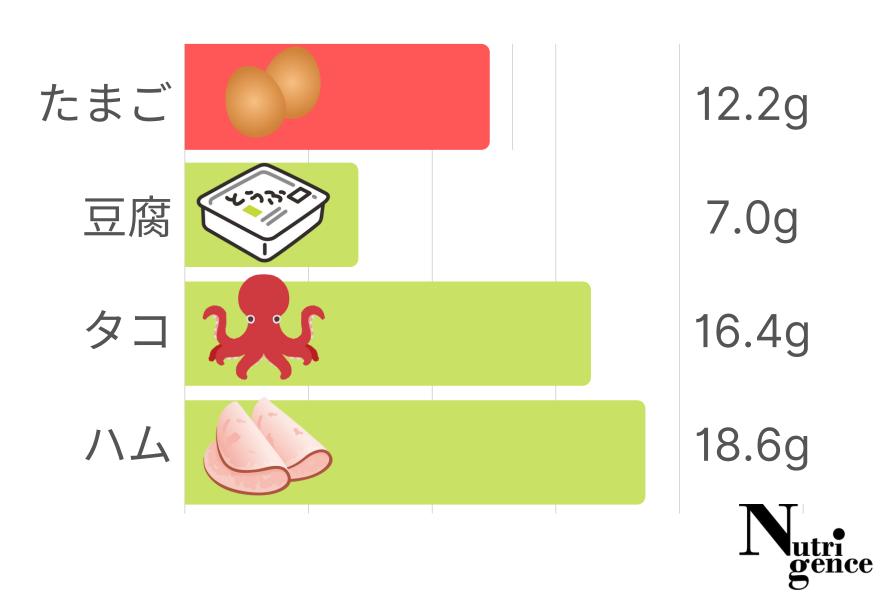
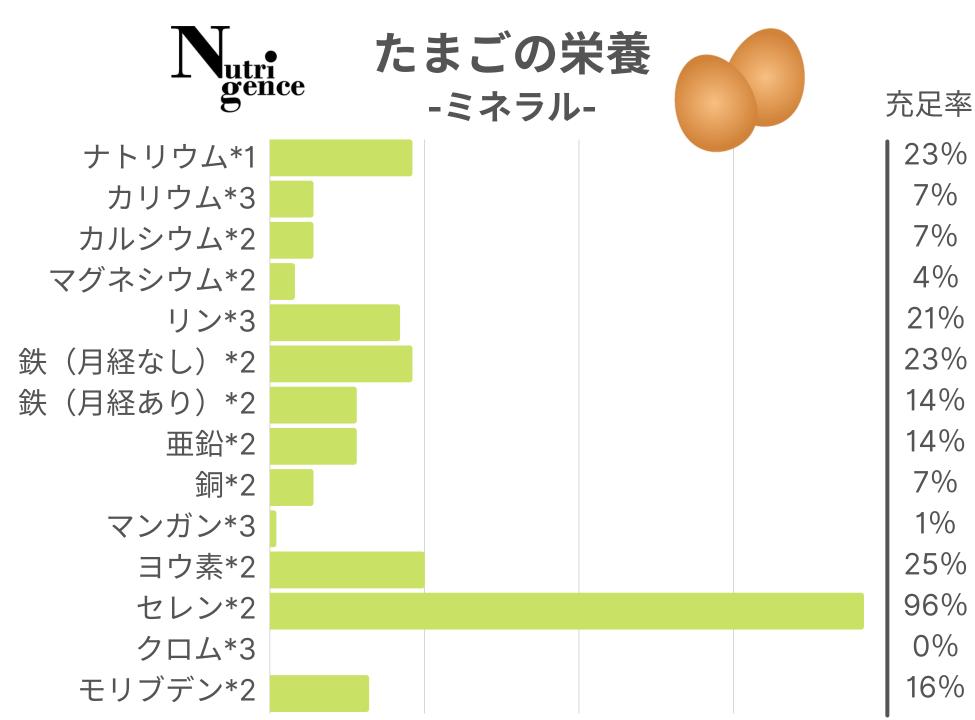
たんぱく質が多い食品 -100gあたり-



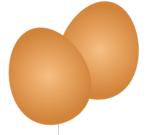


100%

たまごの栄養

-ビタミン-





充足率

32%

45%

26%

8%

5%

31%

29%

8%

46%

20%

23%

48%

0%

