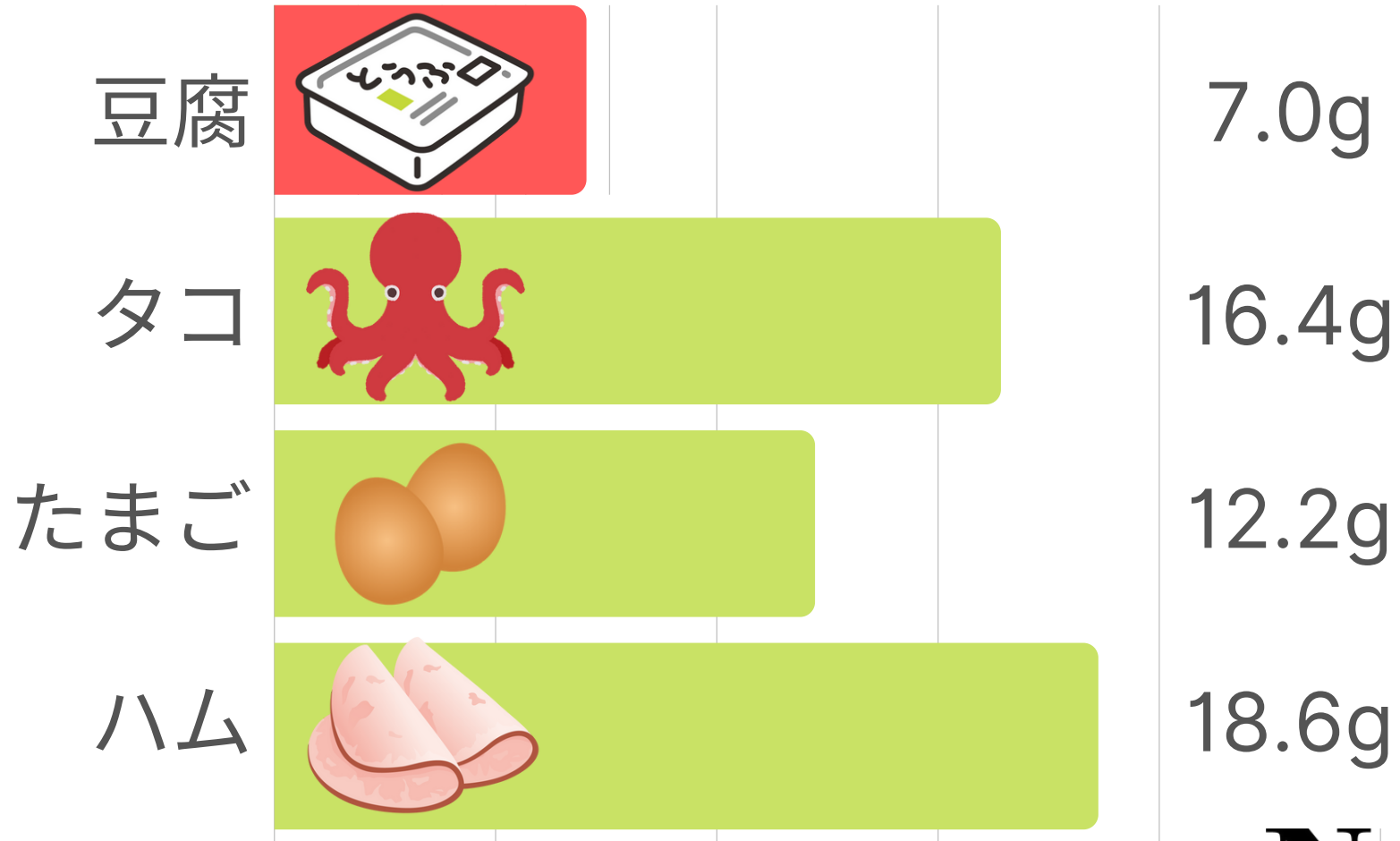


たんぱく質が多い食品

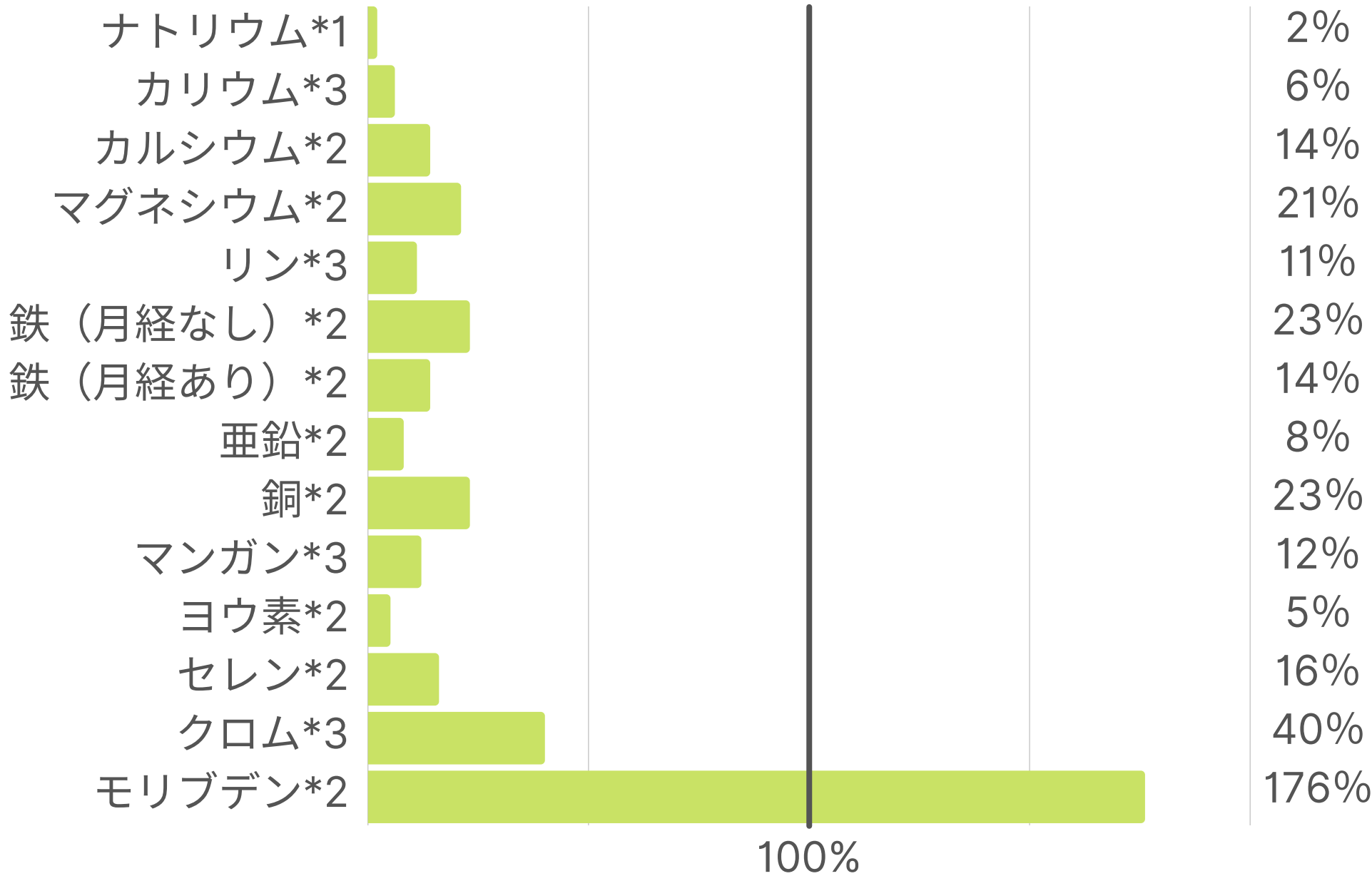
-100gあたり-



とうふの栄養 -ミネラル-



充足率



とうふの栄養 -ビタミン-

