

음식명	중량	에너지	탄수화물	당류	지방	단백질	칼슘	인	나트륨	칼륨	마그네슘	철	아연	콜레스테롤	트랜스지방
쌀밥	210.00	334.80	73.71	0.00	0.45	5.76	3.60	126.00	59.40	146.70	-	0.36	1.35	0.00	0.00
기타잡곡밥	200.00	302.36	65.52	0.00	0.75	6.71	12.06	117.84	3.39	166.72	6.90	1.74	1.83	0.00	0.00
콩밥	200.00	322.90	65.85	0.00	1.67	8.43	24.70	126.90	4.10	258.40	22.50	1.74	1.61	0.00	0.00
보리밥	200.00	316.10	70.57	0.00	0.14	5.55	6.70	68.80	4.50	100.60	0.00	1.26	1.41	0.00	0.00
돌솥밥	350.00	528.86	101.85	0.00	8.35	10.19	61.46	193.72	618.32	624.32	57.79	3.32	2.58	2.37	0.00
현미밥	230.00	351.35	77.88	0.00	1.10	6.66	6.01	178.28	42.08	209.33	0.00	1.05	1.65	0.00	0.00
흑미밥	200.00	318.00	70.29	0.00	0.39	5.44	6.30	98.60	4.50	112.90	0.00	1.29	1.35	0.00	0.00
감자밥	200.00	308.00	68.64	0.00	0.08	5.68	6.40	86.80	5.20	267.60	9.20	1.36	1.40	0.00	0.00
곤드레밥	350.00	506.80	108.05	0.00	8.37	14.14	30.32	95.48	88.75	815.92	22.40	1.88	1.78	0.00	0.00
김치볶음밥	500.00	656.98	79.29	4.00	5.06	8.74	35.89	182.12	1094.91	305.71	1.92	1.06	1.85	76.00	0.00
주먹밥	150.00	209.56	36.18	0.00	3.46	6.70	85.43	151.23	329.69	179.33	0.00	0.70	0.80	50.13	0.00
볶음밥	400.00	687.74	100.33	0.00	19.29	24.46	58.42	414.66	1441.42	578.88	14.98	3.29	3.45	309.00	0.00
일반비빔밥	500.00	703.00	95.68	3.44	25.28	22.60	96.80	289.33	1234.09	742.51	55.80	4.75	4.16	40.20	0.00
전주비빔밥	450.00	662.19	92.99	3.44	13.03	15.84	65.04	236.12	1281.30	450.11	10.84	3.24	2.86	286.94	0.00
삼선볶음밥	400.00	683.62	113.43	5.09	16.84	19.26	119.37	249.11	1155.81	640.97	29.67	4.52	3.57	119.13	0.00
새우볶음밥	400.00	634.52	91.62	0.00	17.91	24.12	81.82	341.30	1124.63	710.66	17.68	4.15	2.82	127.20	0.00
알밥	400.00	606.54	92.10	0.00	3.45	15.16	68.60	235.40	1647.87	510.41	7.40	3.56	3.30	39.00	0.00
산채비빔밥	400.00	495.89	89.66	0.52	10.99	10.66	63.10	160.29	1060.78	509.95	38.81	3.53	2.05	0.00	0.00
오므라이스	450.00	684.99	101.62	0.00	19.75	23.15	81.56	341.26	1123.24	788.38	33.71	4.13	3.67	605.63	0.00
육회비빔밥	450.00	661.41	91.74	2.58	17.54	32.00	86.38	404.74	1126.60	793.74	33.58	5.97	6.53	241.65	0.00
해물볶음밥	400.00	659.23	85.19	0.00	23.71	22.68	77.50	305.55	951.03	555.36	24.20	4.13	3.08	362.40	0.00
얼무비빔밥	400.00	445.66	90.03	1.72	3.16	12.99	91.06	167.96	718.39	708.68	1.29	3.91	2.65	12.80	0.00
불고기덮밥	500.00	699.96	92.09	5.99	21.40	29.31	45.77	328.37	1182.88	764.50	30.22	4.25	8.77	72.00	0.00
소고기국밥	700.00	331.71	54.93	0.00	4.74	16.04	33.02	194.58	1613.21	485.21	-	3.61	2.31	25.50	0.00
송이덮밥	600.00	600.42	103.57	0.00	14.45	16.28	91.94	279.96	1578.85	1313.48	-	5.71	4.25	9.54	0.00
오징어덮밥	500.00	693.98	83.43	2.69	20.92	40.59	76.77	586.83	1497.37	874.96	62.69	3.23	4.63	387.60	0.00
자장밥	500.00	729.62	98.08	4.00	24.95	25.76	81.91	297.12	1521.85	781.93	32.50	5.70	5.68	36.00	0.00
잡채밥	650.00	851.54	125.70	4.00	28.61	21.14	84.11	287.78	2251.34	817.08	32.55	4.83	5.90	36.00	0.00
잡탕밥	750.00	737.23	100.55	0.00	22.48	29.02	77.60	363.25	1922.14	803.73	15.65	4.86	6.22	188.05	0.00
장어덮밥	400.00	671.72	103.04	0.00	19.24	26.14	611.12	448.26	893.22	785.08	28.60	22.17	4.75	156.96	0.00
제육덮밥	500.00	796.94	95.80	5.40	27.52	37.80	46.04	573.70	1375.69	624.95	-	6.28	7.17	108.00	0.00
짬뽕밥	900.00	696.69	93.42	0.00	22.42	41.80	394.17	667.61	2869.54	1715.52	-	11.59	5.57	304.30	0.00
순대국밥	900.00	690.35	34.23	0.00	16.48	17.34	132.86	239.26	3418.20	672.91	3.45	9.11	6.62	1480.97	0.00
카레라이스	500.00	653.24	92.58	0.00	10.67	13.40	27.90	218.24	1108.55	525.62	70.18	1.98	2.66	13.75	0.00
전주콩나물국밥	900.00	432.38	88.73	0.00	3.53	12.50	76.88	231.65	1753.26	525.79	67.79	2.38	2.37	2.77	0.00
해물덮밥	700.00	837.98	100.11	0.00	29.00	51.77	167.54	542.32	2117.83	1361.77	34.80	16.63	5.86	293.87	0.00
회덮밥	500.00	698.00	101.75	18.41	11.40	42.99	117.12	587.94	777.63	1131.35	6.98	3.90	2.67	125.59	0.00

소머리국밥	1100.00	891.43	77.06	0.00	40.76	48.94	53.26	302.43	970.90	455.78	24.67	1.89	4.22	477.10	0.00
돼지국밥	1200.00	811.44	78.28	3.30	36.45	56.76	65.73	280.74	1257.67	497.83	57.14	42.95	43.67	734.50	0.00
하이라이스	360.00	477.60	84.59	0.00	9.67	7.92	5.94	139.95	991.68	251.61	6.60	0.55	1.51	8.57	0.00
김치김밥	250.00	377.26	71.80	0.00	4.62	11.45	79.06	220.20	967.79	413.86	3.60	1.46	1.96	99.60	0.00
농어초밥	250.00	414.78	74.14	6.97	2.37	19.93	54.13	273.49	1385.46	479.70	0.00	1.58	1.67	43.47	0.00
문어초밥	250.00	377.97	71.84	4.98	1.03	16.90	30.20	256.61	1420.92	395.09	25.75	1.11	2.52	96.00	0.00
새우초밥	250.00	395.54	69.54	2.99	1.21	22.74	73.39	341.13	1396.75	372.75	2.60	2.62	2.17	138.33	0.00
새우튀김롤	300.00	572.02	81.50	4.00	18.90	21.11	110.82	371.52	1512.50	715.82	0.24	3.42	2.49	96.54	0.00
샐러드김밥	250.00	422.43	75.84	0.00	7.51	12.76	45.66	226.51	906.68	541.33	13.74	2.15	2.24	100.53	0.00
광어초밥	300.00	471.66	72.53	5.23	3.21	33.74	88.07	410.89	951.28	747.09	1.40	2.96	1.94	126.50	0.00
소고기김밥	250.00	425.67	76.07	0.00	6.64	14.67	64.33	236.14	1477.98	554.00	12.52	2.27	2.61	99.87	0.00
갈비삼각김밥	100.00	183.18	32.75	0.00	2.60	6.86	14.93	90.90	398.12	180.59	4.93	1.16	1.17	12.42	0.00
연어를	300.00	518.58	76.11	0.00	14.72	20.72	64.97	359.16	1243.82	665.56	23.58	3.83	2.14	51.73	0.00
연어초밥	250.00	451.03	70.87	3.96	5.76	24.94	38.03	367.08	995.03	476.13	0.80	1.69	1.87	54.60	0.00
유부초밥	250.00	463.21	78.47	6.77	11.23	12.37	120.18	225.59	929.07	291.50	27.28	2.11	2.14	0.00	0.00
장어초밥	400.00	486.35	74.84	2.06	12.73	16.33	132.83	283.27	1291.81	500.64	14.55	2.52	2.39	130.43	0.00
참치김밥	250.00	401.22	47.55	0.00	14.59	19.83	57.81	279.82	925.73	380.33	15.63	4.52	1.96	143.67	0.00
참치마요삼각김	100.00	189.58	31.93	0.00	2.89	8.11	6.98	82.82	189.10	69.28	0.00	1.59	0.77	16.63	0.00
치즈김밥	250.00	462.23	77.13	0.00	8.84	17.12	137.52	330.23	919.97	445.72	10.18	1.43	2.53	83.02	0.00
캘리포니아롤	300.00	468.16	81.22	0.00	9.73	12.80	106.58	211.89	1351.96	271.15	3.06	4.95	3.08	28.34	0.00
한치초밥	250.00	389.96	77.31	1.74	1.20	13.54	19.98	222.63	1153.49	182.25	1.65	1.86	2.54	0.75	0.00
일반김밥	200.00	348.87	63.64	0.00	5.42	10.28	41.45	159.43	951.32	355.38	3.24	3.40	1.91	69.12	0.00
간자장	650.00	807.74	121.75	6.79	26.38	29.28	124.35	308.09	2347.77	607.18	21.25	7.06	2.61	19.43	0.00
굴짬뽕	900.00	640.77	115.82	2.00	7.76	37.39	196.77	506.60	2385.35	1371.89	48.86	14.28	10.34	178.20	0.00
기스면	1000.00	645.61	98.30	0.00	11.00	43.52	270.98	443.37	2279.52	862.72	11.60	12.27	3.13	341.10	0.00
김치라면	650.00	512.26	80.57	2.27	20.34	12.97	62.70	166.94	2628.29	652.67	1.50	1.82	1.30	15.41	0.00
김치우동	800.00	512.71	99.06	0.00	4.74	16.74	247.86	233.55	3003.05	725.53	11.20	4.14	1.76	33.44	0.00
김치말이국수	600.00	310.38	60.76	3.00	2.47	10.42	105.79	191.00	2335.45	453.96	-	2.43	1.43	22.23	0.00
닭칼국수	900.00	643.10	70.24	0.00	19.59	39.86	110.16	285.97	2492.77	913.48	5.78	2.45	1.64	113.77	0.00
들깨칼국수	600.00	442.32	76.67	2.40	6.78	17.48	176.47	217.32	1695.77	693.31	0.00	2.45	1.08	16.72	0.00
떡라면	700.00	672.18	121.08	0.00	17.58	15.45	30.33	2376.04	2214.36	362.51	0.52	1.59	1.35	2.34	0.00
라면	550.00	509.33	83.17	0.00	17.75	14.08	32.99	145.28	1695.50	374.07	0.97	1.23	1.19	2.34	0.00
막국수	550.00	566.89	111.30	11.02	5.09	26.95	68.90	286.78	1828.02	894.77	19.55	3.93	5.23	37.10	0.00
메밀국수	600.00	588.68	120.09	10.16	4.53	25.26	76.06	224.96	1962.46	629.12	11.48	3.21	4.64	35.98	0.00
물냉면	800.00	579.71	96.40	1.20	9.78	28.78	87.74	422.72	2586.16	1042.89	16.39	7.77	5.69	178.23	0.00
비빔국수	550.00	577.17	114.48	11.02	9.55	16.71	130.69	262.58	1628.30	1389.40	7.55	6.27	2.59	0.00	0.00
비빔냉면	550.00	594.31	91.49	2.00	9.13	23.70	64.99	1186.30	1530.57	298.62	12.31	6.43	4.63	31.73	0.00
삼선우동	1000.00	692.26	89.20	2.00	10.53	56.17	216.64	687.99	2351.43	1528.00	68.74	11.29	5.47	640.68	0.00

삼선자장면	700.00	787.84	111.57	2.00	24.68	38.33	143.37	493.95	2791.11	850.27	41.70	6.67	3.56	162.24	0.00
삼선짬뽕	900.00	629.10	89.31	3.00	13.45	39.17	172.14	509.60	2825.66	1501.78	-	9.82	4.37	249.30	0.00
수제비	800.00	622.15	99.22	0.00	6.54	38.53	1054.84	907.28	1669.32	1892.55	46.05	11.10	4.71	209.00	0.00
쌀국수	600.00	321.34	46.20	2.20	5.81	21.85	45.02	184.22	2032.17	360.69	48.04	3.21	4.89	123.03	0.00
열무김치국수	800.00	488.32	81.61	0.00	8.22	21.94	341.36	295.98	2587.70	1125.83	1.15	4.45	1.73	45.14	0.00
오일소스스파거	400.00	626.59	99.24	0.00	16.59	14.68	37.37	52.56	968.70	218.39	0.00	3.01	2.35	0.00	0.00
일식우동	700.00	420.79	81.23	0.50	1.74	16.94	88.55	155.03	1873.54	371.35	9.34	3.17	0.71	16.20	0.00
볶음우동	300.00	377.92	62.26	0.91	10.81	9.59	50.25	93.80	1461.31	637.56	5.73	2.07	1.02	0.00	0.00
자장면	650.00	760.88	134.29	7.99	23.16	15.74	166.70	302.56	2447.00	1013.84	37.46	5.33	1.41	3.08	0.00
잔치국수	700.00	564.23	104.67	0.44	6.23	20.26	250.38	277.30	1792.23	904.12	3.55	3.77	1.90	167.41	0.00
짬뽕	1000.00	650.31	118.54	0.00	13.53	25.53	82.74	320.60	3451.37	857.44	32.80	4.61	3.56	105.23	0.00
짬뽕라면	750.00	633.34	88.79	0.00	24.63	31.41	127.96	393.28	2380.93	1279.06	-	11.16	3.84	85.28	0.00
쫄면	450.00	622.42	110.85	22.13	6.93	12.36	140.03	304.89	1271.55	547.14	19.64	4.19	1.46	0.00	0.00
치즈라면	600.00	598.67	83.53	0.00	23.28	23.35	152.41	367.79	2425.97	652.33	-	3.06	2.99	302.20	0.00
콩국수	800.00	623.50	67.12	1.00	20.43	47.80	227.94	591.06	875.84	1343.71	0.00	8.58	5.33	0.00	0.00
크림소스스파거	400.00	825.06	85.88	0.00	45.40	19.44	233.33	333.99	1025.21	916.21	-	3.26	2.55	140.15	0.00
토마토소스스프	500.00	642.18	102.07	0.00	17.37	20.22	97.18	220.69	1404.81	1651.30	-	5.09	3.39	12.65	0.00
해물칼국수	900.00	621.20	124.21	0.00	4.01	24.87	150.05	332.51	2195.05	887.22	-	10.54	2.12	156.77	0.00
회냉면	550.00	638.90	131.90	22.73	8.78	20.22	122.05	306.79	1524.28	1374.15	-	6.09	3.14	92.90	0.00
떡국	800.00	714.99	144.03	0.00	5.39	21.86	222.52	362.35	2019.28	610.40	-	4.52	4.13	90.80	0.00
떡만둣국	700.00	625.35	113.96	0.00	9.40	22.72	150.65	289.74	1999.12	949.86	-	3.76	3.24	298.81	0.00
짜장라면	250.00	409.38	63.78	0.00	14.85	12.01	63.63	166.00	1276.38	490.25	-	1.63	0.84	1.50	0.00
고기만두	250.00	454.39	55.33	0.00	18.25	18.66	121.64	234.64	888.80	767.34	-	4.19	3.09	21.00	0.00
군만두	250.00	684.42	76.17	0.00	31.18	19.77	53.38	281.62	983.70	595.03	-	4.85	2.66	36.00	0.00
김치만두	250.00	424.64	60.79	0.00	13.10	18.43	91.73	271.18	961.97	1181.77	-	5.54	2.82	20.28	0.00
물만두	120.00	158.05	20.48	0.00	5.84	5.86	27.60	81.86	269.52	259.71	-	1.42	0.79	7.59	0.00
만둣국	700.00	432.62	53.28	0.00	14.92	19.24	163.29	300.75	2356.67	1202.84	-	5.03	2.14	94.22	0.00
게살죽	800.00	554.24	103.59	0.00	7.63	18.15	160.00	235.91	1533.96	857.06	-	7.49	3.30	40.87	0.00
깨죽	800.00	505.68	71.13	0.00	18.94	13.43	407.88	262.36	1212.27	186.59	-	6.32	5.07	0.00	0.00
닭죽	1000.00	1181.71	92.53	0.00	48.18	75.93	116.55	584.82	789.79	1290.97	-	9.84	5.55	271.44	0.00
소고기버섯죽	800.00	573.24	102.93	0.00	6.46	20.52	31.25	288.76	1263.62	504.51	-	2.20	4.33	29.32	0.00
어죽	800.00	559.27	90.47	0.00	6.08	15.53	368.79	369.06	1621.29	450.21	-	4.83	3.13	75.77	0.00
자죽	700.00	872.61	153.79	0.00	20.29	15.79	15.33	196.78	850.63	296.54	-	4.23	4.52	0.00	0.00
전복죽	800.00	587.29	105.04	0.00	11.45	14.57	75.23	269.71	1423.93	405.90	-	2.32	2.53	45.15	0.00
참치죽	800.00	658.46	105.94	0.00	13.85	26.08	63.78	341.28	1264.15	851.65	-	4.98	2.54	40.76	0.00
채소죽	800.00	514.83	100.80	0.00	5.13	11.89	227.26	290.18	1211.63	1377.63	-	2.73	2.51	24.29	0.00
팔죽	600.00	482.65	100.74	4.79	0.56	20.59	91.00	76.74	1026.11	940.82	-	6.03	5.15	0.00	0.00
호박죽	600.00	430.33	111.41	25.78	0.72	8.11	18.17	165.36	911.72	1858.90	-	1.98	2.58	0.00	0.00

콘스프	400.00	280.48	35.37	0.00	14.02	5.82	-	-	1319.46	-	-	-	-	40.71	0.00
토마토스프	400.00	382.41	12.42	0.00	25.40	18.20	-	-	1544.31	-	-	-	-	70.80	0.00
굴국	450.00	194.42	11.44	0.00	8.65	22.80	270.97	400.97	1775.97	759.15	-	5.72	13.61	45.00	0.00
김치국	450.00	86.00	13.01	0.00	3.38	6.03	111.35	144.88	1646.15	580.19	-	1.92	1.17	0.00	0.00
달걀국	450.00	193.04	5.35	0.00	11.11	16.19	65.75	225.20	1263.96	229.57	-	2.08	1.81	641.25	0.00
감자국	700.00	220.07	37.01	0.00	2.16	17.00	466.58	462.60	1734.15	1855.32	-	5.33	2.70	87.78	0.00
미역국	500.00	50.17	4.70	0.00	4.35	2.70	112.70	43.92	1527.55	658.72	-	1.11	0.45	0.00	0.00
바지락조개국	550.00	159.25	8.51	0.00	1.84	25.83	168.95	388.49	1650.85	580.06	-	29.46	2.30	145.20	0.00
소고기무국	400.00	125.22	8.14	0.00	4.72	13.51	60.64	131.53	1095.18	662.83	-	3.99	1.71	28.56	0.00
소고기미역국	650.00	154.93	6.91	0.00	6.83	20.23	123.38	207.13	2006.88	912.73	-	3.57	6.06	41.34	0.00
순대국	800.00	550.66	22.82	0.00	32.94	41.22	125.03	208.53	1532.59	592.34	-	10.79	4.42	774.77	0.00
어묵국	600.00	252.09	37.16	0.00	4.21	22.85	599.25	468.04	2022.74	1696.27	-	6.77	2.77	100.37	0.00
오징어국	500.00	169.04	10.60	0.00	2.36	27.74	81.87	409.10	1573.42	810.71	-	2.35	2.75	296.40	0.00
토란국	250.00	462.97	85.16	0.00	7.07	23.89	318.35	465.37	700.67	2625.19	-	5.65	2.69	37.73	0.00
탕국	250.00	94.24	2.58	0.00	4.32	12.08	286.05	220.64	663.05	250.61	-	3.60	1.27	35.48	0.00
홍합미역국	650.00	168.88	14.13	0.00	6.43	19.99	289.38	226.28	2066.27	1549.68	-	11.10	3.01	79.63	0.00
황태해장국	600.00	184.22	6.39	0.00	7.22	25.21	156.40	314.21	1526.82	661.33	-	2.19	1.00	91.61	0.00
근대된장국	450.00	109.26	8.14	0.00	3.21	15.31	621.10	436.37	1453.19	1211.00	-	6.12	2.37	112.86	0.00
미소된장국	150.00	37.97	1.70	0.00	1.75	4.14	98.58	88.75	511.98	156.73	-	1.38	0.54	15.68	0.00
배추된장국	700.00	121.53	11.04	0.00	3.63	13.96	103.80	172.07	2321.48	771.84	-	3.53	4.54	25.97	0.00
뼈다귀해장국	1000.00	715.98	29.71	0.00	45.37	53.63	239.71	412.34	3093.60	1676.56	-	5.57	5.22	216.24	0.00
선지(해장)국	1000.00	314.42	22.29	0.00	5.03	48.10	84.31	105.25	3053.19	684.10	-	106.24	13.76	149.60	0.00
콩나물국	400.00	22.53	1.26	0.00	1.42	1.82	33.49	44.86	752.43	82.80	8.52	0.48	0.25	7.41	0.00
시금치된장국	400.00	121.45	9.90	0.00	3.39	16.69	624.97	444.76	1381.25	1324.58	-	7.28	2.60	117.04	0.00
시래기된장국	450.00	99.12	10.68	0.00	2.54	10.02	392.83	223.42	1535.63	484.55	-	4.40	1.98	37.62	0.00
숙된장국	450.00	117.32	17.17	0.00	2.55	13.21	502.74	317.04	1799.60	1434.72	-	5.95	1.83	68.97	0.00
아욱된장국	450.00	103.53	9.96	0.00	2.94	12.00	292.99	262.60	1462.13	850.83	-	4.14	1.82	37.62	0.00
우거지된장국	450.00	85.97	13.72	0.00	1.81	6.44	89.30	122.06	1593.99	611.84	-	1.51	1.44	0.00	0.00
우거지해장국	600.00	158.50	14.86	0.00	5.73	14.19	103.79	237.17	1972.09	664.72	-	3.24	2.45	13.26	0.00
우렁된장국	500.00	245.28	21.19	0.00	7.05	24.72	2105.30	270.93	2150.43	745.05	-	11.11	5.04	22.95	0.00
갈비탕	600.00	240.40	8.21	0.00	14.33	18.67	55.31	204.57	1688.43	556.91	-	2.64	4.06	189.84	0.00
감자탕	900.00	963.71	49.64	0.90	58.28	60.55	628.48	767.84	2439.38	2414.90	-	6.69	8.08	143.69	0.00
곰탕	300.00	181.42	15.50	0.00	5.44	16.59	43.10	148.34	713.64	425.65	-	3.89	1.97	33.66	0.00
매운탕	600.00	402.79	18.83	1.55	21.56	37.16	118.30	437.09	2130.95	1522.50	-	3.33	2.62	148.77	0.00
꼬리곰탕	700.00	750.69	10.93	0.00	52.80	54.87	96.77	552.81	764.73	817.96	-	6.39	12.24	361.23	0.00
꽃게탕	600.00	240.65	20.77	0.00	5.49	31.70	273.97	443.04	2268.86	1369.60	-	8.64	8.32	207.90	0.00
낙지탕	600.00	186.10	11.77	0.00	2.73	29.21	102.32	375.39	1711.12	910.30	-	3.26	4.49	249.60	0.00
내장탕	700.00	549.81	13.70	0.00	31.51	56.97	268.48	559.43	2383.07	1241.55	-	12.92	14.23	467.04	0.00

닭곰탕	650.00	527.70	15.39	0.00	24.14	58.88	119.61	757.38	1005.19	1691.63	-	11.65	6.83	230.49	0.00
닭볶음탕	300.00	371.81	19.17	2.02	17.32	33.85	39.84	352.90	1030.46	638.99	-	2.74	4.17	119.25	0.00
지리탕	600.00	260.59	10.52	0.00	8.36	38.34	199.84	475.82	1685.16	1581.45	-	2.58	1.87	154.15	0.00
도가니탕	800.00	563.65	5.58	0.00	34.77	54.60	59.71	506.07	599.27	725.61	-	5.44	13.28	192.64	0.00
삼계탕	1000.00	881.32	44.08	0.00	40.57	76.65	58.97	742.37	1211.32	439.92	-	5.27	9.61	285.00	0.00
설렁탕	600.00	422.76	10.94	0.00	18.20	52.71	86.91	449.85	725.16	432.48	-	4.10	22.22	219.36	0.00
알탕	700.00	424.13	49.52	14.85	6.98	49.21	114.43	790.97	2393.29	1469.80	-	7.34	3.95	610.80	0.00
연포탕	1000.00	541.19	21.64	0.00	9.20	91.65	366.68	1171.55	2307.07	2367.60	-	33.14	10.65	844.00	0.00
오리탕	600.00	480.82	24.16	1.03	21.64	43.21	89.10	478.58	1849.93	810.86	-	7.43	5.20	161.70	0.00
추어탕	700.00	338.67	24.42	1.81	11.51	37.37	1598.50	975.90	2077.15	906.87	-	24.70	6.80	298.48	0.00
해물탕	600.00	272.26	19.58	1.55	3.38	41.74	233.74	554.88	2071.99	1218.54	-	8.02	7.88	350.22	0.00
닭개장	700.00	317.07	19.18	0.00	14.95	33.74	87.85	388.18	1786.03	1057.87	-	5.37	4.73	96.90	0.00
육개장	440.00	137.86	11.62	0.00	5.87	13.44	61.90	145.84	1112.78	719.33	-	4.13	2.05	24.23	0.00
뼈해장국	1000.00	692.93	25.42	0.00	37.16	67.92	564.57	609.13	3192.46	1299.07	-	33.51	13.37	634.20	0.00
미역오이냉국	450.00	77.35	19.74	8.99	1.35	5.61	214.70	209.88	1483.60	1520.12	-	2.77	1.22	0.00	0.00
고등어찌개	600.00	605.31	32.03	0.00	28.20	59.16	185.01	768.30	2599.71	2013.06	-	8.45	4.23	206.64	0.00
콩치찌개	300.00	356.63	14.48	0.72	20.69	29.51	111.69	388.58	1296.33	705.67	-	4.25	1.82	84.48	0.00
동태찌개	800.00	369.69	18.94	1.38	7.80	59.57	262.75	789.14	2487.54	1573.10	-	4.74	2.39	292.66	0.00
부대찌개	600.00	525.98	46.81	0.00	28.48	27.71	140.65	344.39	2689.19	880.56	-	4.05	3.91	42.96	0.00
된장찌개	400.00	147.06	15.98	0.00	5.27	11.71	112.69	194.76	2021.78	429.75	-	1.93	1.62	0.00	0.00
청국장찌개	400.00	275.46	14.97	0.00	14.43	25.84	180.64	423.48	1839.75	947.12	-	4.94	4.38	36.00	0.00
두부전골	500.00	315.11	16.20	0.86	19.15	29.15	365.91	441.10	1651.53	807.05	-	6.07	3.35	0.00	0.00
곱창전골	600.00	532.65	26.89	0.00	34.73	38.35	331.71	536.76	1750.42	1145.13	-	8.70	5.29	230.70	0.00
소고기전골	300.00	203.22	16.55	0.00	7.54	19.47	117.80	242.39	1090.15	690.67	-	4.07	5.31	31.80	0.00
국수전골	400.00	643.16	66.93	4.00	22.39	45.29	81.60	392.16	1524.63	1539.30	-	10.98	5.10	81.60	0.00
돼지고기김치찌개	400.00	246.29	9.33	0.00	18.26	15.50	136.71	235.53	1961.48	725.94	-	2.48	2.14	25.30	0.00
버섯찌개	400.00	171.86	15.26	0.00	7.52	16.64	165.60	283.02	1267.81	735.96	-	3.95	2.38	0.00	0.00
참치김치찌개	400.00	193.58	13.33	0.00	10.89	16.86	200.50	283.60	2604.45	795.12	-	4.38	1.72	35.44	0.00
순두부찌개	400.00	198.47	8.78	0.00	14.03	14.72	135.17	218.60	1331.31	547.85	-	2.81	1.56	6.60	0.00
콩비지찌개	400.00	248.66	24.52	0.00	12.81	15.96	136.41	146.02	1206.33	496.65	-	5.05	1.89	27.06	0.00
햄김치찌개	300.00	190.47	15.44	0.00	10.68	11.63	116.53	220.24	1527.82	482.93	-	2.14	1.64	23.37	0.00
호박찌개	300.00	98.30	12.74	2.06	2.34	7.78	194.84	234.99	1028.15	652.01	-	3.28	0.91	59.28	0.00
고추장찌개	500.00	263.44	20.08	0.00	12.35	25.62	498.01	494.09	935.15	863.40	-	5.95	3.21	48.15	0.00
대구찜	500.00	372.68	26.43	0.00	8.43	54.08	223.85	660.75	1888.04	1899.74	-	4.99	2.83	196.35	0.00
도미찜	100.00	126.31	0.76	0.00	3.68	21.01	41.55	274.14	882.04	420.22	3.24	1.10	0.79	191.25	0.00
문어숙회	80.00	67.49	0.18	0.00	0.73	14.14	28.32	171.46	222.83	273.75	-	0.91	1.46	116.74	0.00
아귀찜	400.00	310.70	17.59	0.00	6.68	48.85	161.73	619.16	1463.31	1467.53	-	11.42	3.75	187.42	0.00

조기찜	100.00	185.25	1.81	0.34	9.20	22.27	45.63	214.85	631.89	471.25	0.73	1.19	1.01	105.74	0.00
참고막	80.00	89.77	4.92	1.60	2.17	12.98	101.70	212.15	400.23	329.75	-	6.13	2.17	46.99	0.00
해물찜	500.00	397.38	36.02	0.00	8.94	50.28	264.59	657.53	2213.44	1440.41	-	16.39	5.54	323.98	0.00
소갈비찜	250.00	500.45	11.31	0.00	29.17	42.55	22.99	385.49	768.42	749.09	-	3.65	9.21	141.83	0.00
돼지갈비찜	170.10	249.70	8.82	1.76	14.42	20.57	30.95	243.75	946.68	391.57	-	1.10	2.69	70.38	0.00
돼지고기수육	300.00	1218.19	8.69	0.00	99.52	61.47	66.90	483.60	389.53	769.52	-	3.65	8.62	191.40	0.00
찜닭	1500.00	1358.38	140.64	57.52	36.54	114.90	232.94	703.36	5290.09	2290.16	-	9.75	7.53	341.64	0.00
족발	150.00	381.57	32.30	0.00	16.62	26.02	38.29	165.47	839.14	338.54	-	2.69	1.58	98.00	0.00
달걀찜	250.00	190.00	4.81	0.00	10.91	16.20	89.25	230.18	860.32	229.57	-	2.07	1.81	634.57	0.00
닭갈비	300.00	562.10	24.54	3.51	28.89	52.30	99.26	502.20	975.55	1087.68	-	4.17	5.68	224.10	0.00
닭꼬치	70.00	177.51	12.90	8.58	7.90	12.35	8.75	106.80	287.26	169.41	-	0.75	1.27	47.60	0.00
돼지갈비	100.00	248.52	7.60	5.01	14.70	19.95	19.73	219.00	344.89	281.22	-	0.69	2.59	72.04	0.00
떡갈비	250.00	762.99	26.61	12.49	51.58	43.09	26.18	411.76	838.84	915.68	-	3.26	8.66	157.50	0.00
불고기	150.00	386.79	13.05	1.10	21.78	32.90	62.32	298.98	632.54	887.33	-	4.23	8.40	106.22	0.00
소곱창구이	150.00	639.11	6.51	0.00	51.71	35.62	87.16	404.77	332.72	566.43	-	8.82	4.92	652.50	0.00
소양념갈비구이	300.00	986.92	27.74	14.31	66.48	61.97	79.57	595.76	1272.34	1325.37	-	5.57	12.33	220.96	0.00
소불고기	200.00	174.73	19.63	9.49	4.68	14.22	63.17	157.73	828.15	547.41	-	3.80	1.62	27.93	0.00
양념왕갈비	150.00	485.51	15.04	8.35	33.71	29.33	44.42	335.30	533.19	451.08	-	1.31	3.90	103.50	0.00
햄버거스테이크	200.00	436.75	21.35	0.00	28.05	24.92	60.60	258.45	920.26	787.00	-	2.88	4.69	75.78	0.00
훈제오리	250.00	789.96	11.83	6.25	64.65	38.16	42.26	456.73	1216.98	694.04	-	4.50	3.46	200.25	0.00
치킨데리야끼	340.00	692.52	50.73	3.64	32.19	47.34	66.13	501.22	865.98	785.04	-	3.59	6.07	171.25	0.00
치킨윙	100.00	219.42	9.97	2.45	14.23	11.41	11.71	72.63	351.39	113.24	1.75	1.00	0.77	66.00	0.00
더덕구이	100.00	183.74	31.78	10.85	5.62	5.80	37.64	151.08	745.78	326.30	3.30	2.81	0.37	0.00	0.00
양배추구이	100.00	60.93	7.62	0.84	2.65	2.71	32.21	45.84	242.34	235.39	16.30	0.72	0.58	5.50	0.00
두부구이	100.00	90.67	1.53	0.00	6.27	9.41	127.72	142.36	164.39	97.26	0.40	1.54	1.02	0.00	0.00
삼치구이	200.00	355.71	8.48	0.00	18.01	37.83	103.74	456.84	797.71	909.32	-	2.74	2.22	156.87	0.00
가자미전	150.00	220.46	6.68	0.00	7.12	29.97	59.60	279.48	814.37	495.98	-	1.29	0.91	226.88	0.00
굴전	100.00	192.81	13.92	0.00	9.07	12.56	95.58	200.07	331.02	254.43	23.81	3.30	10.21	123.00	0.00
동태전	150.00	265.25	11.48	0.00	16.14	19.87	61.99	256.21	672.98	379.06	-	0.78	0.63	134.56	0.00
해물파전	150.00	267.23	27.68	0.00	12.57	12.94	111.80	186.88	356.43	530.49	-	6.87	1.36	96.84	0.00
동그랑땡	150.00	312.41	14.71	0.00	18.72	19.67	74.16	221.89	579.81	373.69	-	2.00	2.10	184.28	0.00
햄부침	100.00	232.60	9.73	0.00	15.48	13.07	7.38	249.97	774.68	191.62	2.35	0.72	0.89	52.15	0.00
육전	100.00	197.10	6.72	0.30	9.51	19.58	13.14	173.22	248.68	338.32	3.40	1.96	3.56	91.50	0.00
감자전	200.00	366.16	53.81	0.00	13.61	9.67	15.20	192.32	456.53	1343.65	-	1.95	1.49	0.00	0.00
고추전	150.00	261.44	17.78	0.75	14.86	13.94	31.39	161.88	359.88	415.82	-	1.83	2.30	160.65	0.00
김치전	150.00	285.73	32.07	0.00	12.48	13.17	83.95	214.22	785.60	529.60	-	2.47	1.93	136.00	0.00
깻잎전	150.00	357.62	16.65	0.75	24.64	18.30	107.69	199.83	464.94	503.93	-	2.74	3.16	171.38	0.00
녹두빈대떡	100.00	200.71	18.64	0.00	8.32	9.96	39.67	161.97	246.03	391.53	15.10	1.69	1.02	13.75	0.00

미나리전	150.00	215.86	30.10	0.00	8.63	6.09	39.09	103.04	235.65	598.81	-	3.24	0.65	28.50	0.00
배추전	150.00	241.01	32.51	0.00	10.49	6.41	95.90	104.30	355.98	618.44	-	1.76	1.21	30.40	0.00
버섯전	150.00	239.68	18.61	0.75	12.93	11.93	38.04	132.54	307.92	291.02	-	2.54	1.49	126.08	0.00
부추전	150.00	241.18	32.01	0.00	9.50	7.14	30.77	68.12	255.16	405.66	-	2.46	0.52	7.13	0.00
야채전	100.00	194.94	24.97	0.00	8.78	4.95	31.17	77.60	322.92	436.24	20.51	1.30	0.62	23.75	0.00
파전	150.00	280.55	37.46	0.00	12.04	7.73	87.60	118.32	338.00	481.77	-	1.91	0.90	57.00	0.00
호박부침개	100.00	130.72	8.67	0.00	9.24	3.37	13.60	40.50	172.03	192.72	3.81	0.62	0.30	61.75	0.00
호박전	150.00	215.28	16.56	0.00	14.42	6.59	48.65	95.99	274.63	669.09	-	1.65	0.86	106.88	0.00
달걀말이	100.00	172.24	4.67	0.00	11.23	12.04	49.64	169.30	323.32	200.88	13.20	1.57	1.39	475.00	0.00
두부부침	100.00	134.88	4.29	0.00	8.76	9.92	131.04	150.14	199.83	119.91	1.46	1.64	1.07	0.00	0.00
두부전	150.00	253.89	8.08	0.00	18.03	18.66	227.92	274.75	500.53	186.62	-	2.92	1.97	66.50	0.00
건새우볶음	20.00	69.19	4.81	2.70	2.30	7.22	259.68	143.34	193.09	105.61	-	0.62	0.93	74.40	0.00
낙지볶음	200.00	180.59	23.51	6.70	3.00	17.87	86.24	255.66	868.88	763.14	-	2.50	3.02	135.20	0.00
멸치볶음	20.00	69.23	5.69	3.43	2.04	6.97	138.09	157.86	274.10	204.09	-	0.93	0.28	83.55	0.00
어묵볶음	150.00	281.54	36.28	4.47	8.08	18.04	120.59	167.69	1283.83	459.18	-	2.32	1.32	18.90	0.00
오징어볶음	200.00	243.70	27.42	9.28	6.84	20.43	94.34	294.84	1025.86	822.24	-	2.88	2.48	198.00	0.00
오징어채볶음	20.00	55.71	7.00	1.35	0.69	5.39	6.23	64.82	240.96	50.89	-	0.28	0.41	50.05	0.00
주꾸미볶음	200.00	211.81	21.69	6.70	6.11	20.16	88.04	278.06	969.88	699.04	-	3.67	3.32	385.60	0.00
해물볶음	400.00	420.53	36.53	7.66	15.32	37.48	148.98	522.01	1647.02	1158.85	-	14.84	4.23	376.20	0.00
감자볶음	50.00	57.80	8.23	0.50	2.53	1.34	10.63	33.28	219.94	254.61	-	0.39	0.30	0.00	0.00
김치볶음	200.00	189.97	21.83	8.96	12.13	5.29	116.21	150.16	1513.41	766.98	-	2.12	1.27	0.00	0.00
깻잎나물볶음	200.00	212.39	17.33	0.20	16.37	8.03	670.52	172.55	1046.43	933.81	-	5.58	1.40	5.20	0.00
느타리버섯볶음	150.00	133.32	14.22	0.15	8.93	4.41	21.59	98.74	625.25	530.39	-	1.13	1.55	0.00	0.00
두부김치	250.00	292.42	13.84	0.00	21.32	19.15	153.45	311.65	1033.85	740.55	-	4.38	3.14	30.00	0.00
머위나물볶음	150.00	102.99	7.71	0.00	7.95	4.30	101.09	94.61	696.92	529.54	-	2.56	0.44	0.00	0.00
양송이버섯볶음	150.00	132.42	10.55	0.00	9.79	5.46	33.02	161.61	520.11	856.38	-	2.51	1.30	0.00	0.00
표고버섯볶음	150.00	143.60	14.28	1.49	7.36	4.01	31.77	67.16	563.59	512.86	-	2.43	0.85	0.00	0.00
고추잡채	200.00	264.22	22.11	8.45	12.71	12.86	54.82	219.04	850.31	561.56	-	2.83	2.15	50.80	0.00
호박볶음	50.00	29.19	3.09	0.00	2.01	0.77	10.37	20.39	223.28	135.05	-	0.37	0.17	0.07	0.00
돼지고기볶음	200.00	353.13	15.33	4.75	20.94	25.75	32.86	402.25	1060.33	457.95	-	3.94	4.54	84.00	0.00
돼지껍데기볶음	150.00	346.14	22.73	15.84	19.23	22.39	29.84	72.08	759.29	267.06	-	2.28	1.24	95.40	0.00
소세지볶음	200.00	476.04	28.81	5.83	33.24	17.04	27.46	260.35	1409.05	495.96	-	2.50	2.22	56.26	0.00
순대볶음	400.00	579.56	70.96	14.29	25.61	17.58	271.54	265.92	1379.55	1048.02	-	8.10	4.43	189.92	0.00
오리불고기	250.00	559.93	24.47	4.07	34.25	38.16	66.06	420.21	854.07	1004.86	-	5.80	4.84	124.82	0.00
오삼불고기	200.00	356.94	21.46	7.42	20.24	23.35	77.92	307.85	870.40	635.00	-	2.21	2.78	164.30	0.00
떡볶이	200.00	300.76	58.85	5.70	2.96	8.72	72.03	179.37	862.23	251.44	-	1.57	1.11	6.00	0.00
라볶이	200.00	266.03	41.13	6.36	9.59	7.96	43.56	93.55	836.24	276.68	-	1.73	0.59	6.90	0.00
마파두부	200.00	226.92	10.99	0.57	12.01	16.85	153.43	257.27	647.45	332.84	-	3.08	2.27	19.15	0.00

가자미조림	300.00	301.29	20.34	5.99	6.90	40.70	114.12	417.78	1621.23	1153.38	-	3.29	1.56	165.00	0.00
갈치조림	100.00	99.39	5.49	0.50	3.92	10.68	38.67	129.74	463.82	302.99	6.18	1.15	0.60	42.00	0.00
고등어조림	250.00	459.34	10.96	1.46	25.35	45.37	124.96	554.48	1177.96	1033.41	-	5.19	2.68	170.15	0.00
꽁치조림	150.00	280.09	8.36	1.39	16.67	22.59	113.62	294.58	679.42	448.77	-	3.34	1.14	67.20	0.00
동태조림	250.00	270.61	16.77	5.00	4.09	39.03	148.76	525.69	1440.18	982.83	-	2.06	1.41	211.05	0.00
복어조림	100.00	184.58	15.66	2.91	3.04	23.88	97.10	246.45	761.39	487.86	8.05	1.81	0.55	103.95	0.00
조기조림	300.00	378.26	14.24	1.45	16.26	41.43	108.47	443.38	1682.90	1222.74	-	3.75	2.43	176.61	0.00
코다리조림	100.00	146.67	4.57	0.50	5.62	18.46	42.41	197.97	433.18	324.84	3.85	0.85	0.51	77.60	0.00
달갈장조림	100.00	133.73	10.03	3.17	6.40	8.75	45.52	132.58	636.61	267.37	15.60	1.35	1.07	308.75	0.00
메추리알장조림	100.00	205.08	7.36	2.45	13.69	12.11	65.22	190.66	758.90	279.19	4.75	1.93	1.72	530.64	0.00
돼지고기메추리	50.00	62.97	3.14	0.84	2.11	7.62	11.30	78.71	555.79	153.47	-	0.73	0.86	77.30	0.00
소고기메추리알	50.00	61.22	3.45	1.00	2.21	6.67	17.18	77.91	608.30	169.55	-	1.78	0.86	70.17	0.00
고추조림	100.00	105.88	14.83	2.99	4.19	2.86	31.72	52.22	802.46	185.44	18.67	0.89	0.44	0.00	0.00
감자조림	50.00	39.01	8.40	0.79	0.20	1.55	9.76	35.95	265.92	222.52	-	0.41	0.25	0.00	0.00
우영조림	30.00	68.50	15.51	7.61	0.33	1.10	15.62	24.22	242.28	106.85	-	0.32	0.24	0.00	0.00
알감자조림	50.00	56.23	10.48	1.57	1.26	1.38	13.10	40.96	241.73	214.52	-	0.82	0.28	0.00	0.00
(검은)콩조림	20.00	56.83	6.98	2.92	2.09	3.85	24.80	64.41	102.85	33.39	-	0.88	0.31	0.00	0.00
콩조림	20.00	59.22	7.75	2.92	1.94	3.57	14.38	9.88	234.70	128.36	-	0.87	0.43	0.00	0.00
두부고추장조림	50.00	67.14	4.03	1.89	4.00	5.14	69.91	81.64	199.23	79.71	-	0.96	0.58	0.00	0.00
땅콩조림	20.00	80.42	6.54	3.27	5.11	2.91	14.63	45.44	154.25	90.95	-	0.58	0.72	0.00	0.00
미꾸라지튀김	100.00	382.13	30.57	0.00	22.54	12.69	342.03	254.09	323.26	192.60	11.20	4.40	1.64	121.30	0.00
새우튀김	100.00	311.26	21.83	0.00	19.64	11.83	39.88	130.66	553.89	183.43	5.95	1.08	0.91	165.90	0.00
생선가스	200.00	646.21	57.38	0.00	37.09	24.50	34.16	303.64	817.27	229.95	-	1.95	1.43	176.30	0.00
쥐포튀김	100.00	353.33	37.99	0.00	16.54	11.21	26.87	127.54	423.80	145.28	13.70	1.00	0.48	75.64	0.00
오징어튀김	100.00	308.43	26.02	0.00	16.50	13.46	21.98	196.91	361.57	186.94	22.22	0.74	0.99	133.00	0.00
닭강정	100.00	323.25	24.21	1.74	15.56	18.34	18.98	179.07	413.14	104.22	5.75	1.37	2.00	107.50	0.00
닭튀김	300.00	909.81	45.92	0.00	52.34	54.55	94.75	533.19	1150.13	512.28	-	5.45	6.08	380.63	0.00
돈가스	200.00	620.64	36.56	0.00	39.12	27.78	31.36	264.76	557.09	685.79	-	2.20	3.04	138.34	0.00
모래집튀김	150.00	457.35	31.86	0.00	25.89	22.29	72.28	247.59	297.01	459.02	-	1.47	0.86	137.65	0.00
양념치킨	200.00	567.58	38.84	12.36	31.15	30.47	51.00	315.66	777.86	381.26	-	3.35	3.52	259.00	0.00
치즈돈가스	250.00	758.50	45.48	0.00	46.15	36.02	72.78	344.36	855.05	569.98	-	2.51	3.60	146.40	0.00
치킨가스	200.00	582.01	51.28	0.00	28.64	31.03	32.65	186.99	748.73	384.26	-	2.03	2.02	113.30	0.00
탕수육	200.00	454.44	56.49	1.90	16.59	17.06	36.44	194.01	403.26	468.95	-	2.12	1.68	76.48	0.00
깐풍기	200.00	585.08	43.36	13.94	33.34	27.80	41.02	184.71	629.27	523.54	-	2.73	1.93	173.00	0.00
감자튀김	150.00	462.11	50.10	0.00	25.76	6.24	10.32	95.48	374.22	344.24	-	1.43	0.46	0.00	0.00
고구마맛탕	200.00	490.93	90.19	1.43	13.53	3.30	108.33	94.47	213.33	587.22	-	3.61	1.13	0.00	0.00
고구마튀김	100.00	241.57	34.10	0.00	10.80	3.21	20.69	73.99	150.64	298.57	18.10	0.63	0.31	19.00	0.00
고추튀김	100.00	198.35	12.74	0.00	13.63	6.48	23.39	99.96	260.65	147.68	12.92	0.90	0.70	190.00	0.00



김말이튀김	100.00	240.56	32.49	0.00	12.38	2.25	28.85	61.65	393.02	123.57	0.64	1.28	0.22	0.00	0.00
채소튀김	100.00	311.99	36.35	0.00	18.53	3.01	33.33	91.97	277.28	274.17	11.29	0.52	0.33	0.00	0.00
노각무침	150.00	81.35	16.43	5.09	2.07	3.09	38.82	89.11	822.10	573.20	-	1.67	0.81	0.00	0.00
단무지무침	50.00	19.19	3.22	0.97	0.91	0.47	17.34	13.32	447.86	87.64	-	0.37	0.17	0.00	0.00
달래나물무침	150.00	132.69	25.26	13.54	3.30	4.77	119.65	101.45	852.99	554.06	-	2.59	1.20	0.00	0.00
더덕무침	150.00	220.89	48.44	31.54	2.74	4.89	35.80	129.72	1203.58	286.31	-	2.49	0.31	0.00	0.00
도라지생채	150.00	165.23	38.59	3.00	1.71	4.15	75.06	151.51	789.08	725.86	-	6.41	0.40	0.00	0.00
도토리묵	100.00	43.05	9.87	1.40	0.35	0.40	8.82	28.49	116.47	41.84	1.21	0.46	0.12	0.00	0.00
마늘쫀무침	30.00	38.12	9.35	3.28	0.28	0.98	9.23	23.69	423.46	95.61	-	0.34	0.38	0.00	0.00
무생채	150.00	73.68	16.00	4.50	1.28	2.63	73.92	69.60	832.19	478.52	-	1.78	0.78	1.68	0.00
무말랭이	30.00	39.89	9.63	1.03	0.34	1.36	35.82	35.25	378.78	252.68	-	0.95	0.18	0.04	0.00
오이생채	50.00	23.36	4.63	1.52	0.50	0.89	14.82	33.46	269.31	147.13	-	0.44	0.20	0.00	0.00
파무침	150.00	124.30	19.47	8.37	5.41	3.82	146.02	81.48	693.83	377.30	-	2.39	0.41	10.05	0.00
상추겉절이	200.00	130.62	17.99	2.00	6.25	5.65	136.84	146.78	952.32	850.54	-	3.27	1.18	5.36	0.00
쑥갓나물무침	150.00	94.86	8.78	0.00	6.51	5.49	69.17	87.67	700.12	453.75	-	2.87	0.44	0.00	0.00
청포묵무침	250.00	157.61	19.68	13.74	4.23	2.96	67.04	99.44	756.74	334.03	-	1.94	0.74	2.35	0.00
해파리냉채	150.00	87.29	13.83	7.49	1.55	6.63	69.36	220.37	490.13	360.60	-	5.35	0.98	17.63	0.00
가지나물	50.00	21.87	3.03	0.00	1.27	0.73	11.32	20.29	159.17	125.29	-	0.34	0.14	0.00	0.00
고사리나물	50.00	43.51	3.80	0.00	3.26	1.97	20.35	32.94	251.53	302.39	-	1.81	0.94	0.00	0.00
도라지나물	50.00	54.68	5.34	0.00	3.82	0.67	15.10	24.06	256.67	104.97	-	0.91	0.08	0.00	0.00
무나물	50.00	34.58	3.04	0.00	2.56	0.58	18.05	16.53	293.52	143.43	-	0.46	0.20	0.00	0.00
미나리나물	50.00	28.34	2.56	0.00	2.14	0.99	18.45	28.82	165.52	239.04	-	1.16	0.19	0.00	0.00
숙주나물	50.00	19.51	1.56	0.00	1.35	1.31	10.11	20.87	186.73	85.47	-	0.38	0.19	0.00	0.00
시금치나물	50.00	37.51	3.82	0.00	2.37	2.07	37.59	24.55	217.26	311.26	-	1.77	0.40	0.00	0.00
취나물	50.00	72.94	3.46	0.00	6.71	1.60	58.38	30.07	288.65	222.98	-	1.09	0.03	0.00	0.00
콩나물	50.00	24.13	1.15	0.00	1.98	1.64	12.78	21.61	203.50	78.36	-	0.43	0.23	0.00	0.00
고구마줄기나물	50.00	30.44	2.97	0.00	2.24	0.63	28.19	19.65	255.71	73.77	-	0.91	0.18	0.00	0.00
우거지나물무침	150.00	126.11	10.28	1.50	8.66	5.08	513.00	108.69	774.55	94.11	-	21.90	0.45	0.00	0.00
굴뱅이무침	100.00	107.35	15.56	6.06	2.30	7.91	40.48	89.79	515.92	346.35	4.94	1.44	0.88	45.56	0.00
김무침	30.00	81.01	12.19	6.93	4.12	4.71	45.44	95.12	498.63	413.57	-	2.16	0.57	0.00	0.00
미역초무침	50.00	24.94	5.70	4.00	0.54	1.07	47.27	28.82	285.80	236.75	-	0.40	0.12	0.00	0.00
복어채무침	150.00	332.05	31.33	18.02	5.80	37.37	245.11	744.84	1048.53	782.64	-	2.58	0.89	108.57	0.00
회무침	300.00	311.59	42.88	26.41	4.26	27.18	200.10	314.51	1253.25	955.84	-	4.38	1.68	61.38	0.00
쥐치채	20.00	53.39	10.18	6.60	0.20	2.77	14.29	31.71	289.45	78.51	-	0.30	0.12	5.93	0.00
파래무침	30.00	31.59	5.43	0.90	0.69	2.34	64.54	19.04	252.05	74.49	-	1.71	0.15	0.00	0.00
홍어무침	200.00	193.14	24.90	9.43	2.27	21.64	337.43	320.55	817.42	842.66	-	3.47	1.26	79.20	0.00
굴뱅이국수무침	230.00	256.42	39.63	0.00	7.01	10.52	97.58	151.38	911.74	492.58	-	2.84	1.23	39.98	0.00
오징어무침	200.00	249.53	13.55	0.00	4.19	38.67	78.58	556.64	682.39	660.14	-	1.86	3.40	430.92	0.00

잡채	150.00	198.82	37.47	2.99	4.70	2.59	50.13	53.94	664.75	294.12	-	2.91	0.48	14.25	0.00
탕평채	100.00	101.19	10.20	6.99	3.11	3.53	38.80	89.96	247.42	269.97	6.26	1.23	0.82	4.95	0.00
갯김치	50.00	27.64	5.21	0.42	0.70	1.98	83.19	30.59	447.77	222.81	-	1.32	0.48	3.51	0.00
고들빼기	50.00	55.39	11.99	0.00	0.56	2.21	37.38	44.59	733.75	177.84	-	1.80	0.37	0.55	0.00
깍두기	50.00	17.99	3.95	0.05	0.23	1.00	19.16	15.33	338.88	148.05	-	0.56	0.14	4.07	0.00
깻잎김치	150.00	124.49	23.27	2.99	3.16	6.10	131.99	93.45	1907.64	752.09	-	3.01	1.27	29.66	0.00
나박김치	100.00	14.75	2.26	0.01	0.42	0.63	12.54	11.62	509.47	77.83	0.03	0.36	0.08	0.00	0.00
동치미	400.00	57.69	14.26	0.00	0.64	2.70	43.02	47.37	2313.58	438.22	-	1.39	0.29	0.00	0.00
배추겉절이	50.00	21.24	4.48	1.00	0.50	0.94	21.84	23.14	325.41	182.36	-	0.48	0.31	1.34	0.00
배추김치	50.00	18.43	4.16	0.50	0.30	1.15	35.85	24.24	309.53	207.14	-	0.63	0.32	3.41	0.00
백김치	50.00	19.80	4.38	0.00	0.26	0.80	22.88	18.19	211.72	153.42	-	0.43	0.24	0.04	0.00
부추김치	50.00	32.91	6.29	3.49	0.57	1.88	13.93	15.23	399.38	228.66	-	1.28	0.19	0.00	0.00
열무김치	50.00	16.29	3.16	1.20	0.35	1.34	64.55	28.57	308.35	411.85	-	1.39	0.13	0.00	0.00
열무열갈이김치	50.00	16.57	3.03	0.00	0.40	1.27	47.91	33.17	344.20	177.00	-	0.84	0.21	4.20	0.00
오이소박이	50.00	16.67	2.96	1.20	0.53	0.94	22.34	39.57	276.19	184.88	-	0.54	0.19	1.45	0.00
총각김치	50.00	17.56	3.44	0.00	0.37	1.03	50.19	25.63	347.17	168.11	-	0.88	0.19	4.43	0.00
파김치	50.00	28.01	5.47	1.00	0.70	1.55	46.63	20.36	395.87	179.12	-	0.82	0.34	4.69	0.00
간장게장	250.00	292.70	13.89	0.17	2.09	32.67	267.12	458.43	3075.53	1137.69	-	7.55	8.41	223.13	0.00
마늘쫀장아찌	50.00	28.27	6.19	2.35	0.13	1.05	8.39	23.65	778.60	105.69	-	0.33	0.34	0.00	0.00
고추장아찌	30.00	22.36	4.18	3.00	0.09	0.80	4.75	16.66	787.30	83.33	-	0.22	0.14	0.00	0.00
깻잎장아찌	30.00	33.64	7.87	2.78	0.36	2.11	84.17	40.46	568.75	220.79	-	1.01	0.43	0.63	0.00
마늘장아찌	30.00	16.06	3.07	0.30	0.02	0.79	1.74	14.80	481.75	64.27	-	0.12	0.13	0.00	0.00
무장아찌	30.00	27.34	5.31	3.30	0.26	0.57	15.62	15.06	933.28	106.02	-	0.32	0.15	0.00	0.00
양념게장	200.00	275.55	46.33	26.52	2.06	20.41	165.87	283.47	1747.84	792.52	-	5.25	5.23	134.40	0.00
양파장아찌	50.00	19.72	3.54	1.50	0.05	0.58	5.05	13.41	423.61	63.34	-	0.18	0.13	0.00	0.00
오이지	50.00	11.44	2.39	0.00	0.31	1.14	30.22	80.08	926.00	328.19	-	0.63	0.32	0.00	0.00
무피클	50.00	17.00	4.19	1.99	0.05	0.40	13.08	11.56	6.60	108.32	-	0.35	0.15	0.00	0.00
오이피클	50.00	54.00	14.64	1.99	0.15	0.30	15.08	4.06	333.60	27.32	-	0.50	0.05	0.00	0.00
단무지	30.00	3.90	0.66	0.23	0.16	0.11	5.20	3.54	173.55	16.08	-	0.09	0.04	0.00	0.00
오징어젓갈	10.00	6.83	0.29	0.00	0.10	1.24	2.40	17.60	179.11	27.04	2.07	0.07	0.11	13.68	0.00
명란젓	10.00	12.00	0.27	0.00	0.30	2.05	2.80	24.90	353.10	41.00	0.00	0.12	0.20	35.00	0.00
생연어	100.00	110.29	1.00	0.00	1.94	20.91	26.91	249.04	213.06	349.60	0.80	1.26	0.56	60.00	0.00
생선물회	800.00	575.01	81.45	29.37	14.13	36.77	267.85	499.47	2986.23	1560.18	-	8.17	2.89	0.76	0.00
광어회	100.00	116.20	9.34	5.46	1.36	17.20	46.60	171.20	754.40	382.00	0.00	1.54	0.40	74.96	0.00
훈제연어	100.00	169.00	9.34	5.46	6.16	19.28	20.20	200.00	1260.80	218.80	0.00	0.90	0.61	141.60	0.00
육회	150.00	236.56	15.95	7.04	8.05	25.03	45.81	244.28	433.42	608.35	-	3.05	4.77	57.75	0.00
육사시미	150.00	203.55	6.96	4.10	6.08	29.28	30.15	252.00	888.03	541.80	0.00	7.95	3.64	63.45	0.00
가래떡	100.00	205.04	45.05	0.00	0.33	3.52	2.46	77.00	254.68	90.53	0.00	0.22	0.83	0.00	0.00

경단	100.00	303.79	67.04	0.00	0.54	6.58	17.87	109.13	186.36	99.27	0.00	1.57	1.40	0.00	0.00
꿀떡	100.00	225.92	50.36	9.58	0.76	3.24	7.10	71.46	251.34	83.74	0.10	0.30	0.78	0.00	0.00
시루떡	100.00	223.62	49.03	5.99	0.28	5.50	16.63	59.45	278.95	212.64	0.00	1.11	1.35	0.00	0.00
메밀전병	100.00	166.14	24.82	0.00	5.50	5.79	37.04	137.63	340.66	274.49	69.82	1.41	0.97	0.00	0.00
찰떡	100.00	216.19	44.88	5.50	1.24	5.81	15.19	83.83	236.82	151.40	9.89	1.61	1.51	0.00	0.00
무지개떡	100.00	218.18	48.70	6.99	0.87	4.00	26.73	89.28	277.71	115.01	0.00	0.48	1.02	0.00	0.00
백설기	100.00	218.82	48.20	11.99	0.79	4.04	10.82	78.99	296.95	96.90	4.20	0.55	0.75	0.00	0.00
송편	100.00	234.90	46.82	1.52	2.70	4.17	45.98	77.16	236.55	67.89	19.97	1.13	0.57	0.00	0.00
수수부꾸미	100.00	258.99	46.15	3.00	5.67	5.50	6.37	95.48	270.04	162.45	0.00	1.05	1.33	0.00	0.00
수수팔떡	100.00	212.73	45.17	1.00	0.68	5.98	7.49	99.64	236.38	182.04	0.00	1.13	1.40	0.00	0.00
쑥떡	100.00	238.06	54.64	9.99	0.45	4.53	65.20	65.55	256.15	343.62	17.50	1.59	0.55	0.00	0.00
약식	100.00	232.21	48.88	7.99	2.27	3.83	12.89	79.74	290.64	142.12	12.11	2.53	1.30	0.16	0.00
인절미	100.00	214.46	42.55	0.00	1.76	6.40	15.04	117.19	337.74	232.64	11.27	1.86	1.59	0.00	0.00
절편	100.00	197.81	44.07	5.00	0.35	3.06	2.50	66.88	266.77	79.46	0.00	0.22	0.72	0.00	0.00
증편	100.00	198.69	44.22	15.98	0.34	2.54	6.84	52.05	259.04	61.00	0.00	0.23	0.56	0.00	0.00
찹쌀떡	100.00	264.74	62.08	13.99	0.23	3.41	15.68	71.71	226.38	86.78	7.71	1.46	1.13	0.00	0.00
매작과	30.00	121.48	19.06	0.00	3.57	2.55	3.32	26.46	31.05	42.39	-	0.43	0.13	0.00	0.00
다식	30.00	105.17	20.81	6.46	1.73	3.55	1.43	100.07	3.85	206.71	-	0.52	0.04	0.00	0.00
약과	30.00	113.85	22.18	2.15	1.24	2.57	4.45	28.23	16.46	59.42	-	0.57	0.14	0.00	0.00
유과	30.00	129.06	24.14	1.12	3.50	0.36	1.21	3.60	7.06	0.03	-	0.24	0.20	0.00	0.00
산자	30.00	121.70	24.70	10.63	1.20	0.91	2.00	20.36	8.01	60.93	-	0.41	0.27	0.00	0.00
깨강정	30.00	150.30	13.62	0.00	9.87	4.50	156.00	125.70	24.30	67.50	0.00	1.38	2.13	0.00	0.00