

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
빠다귀해장국	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

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