A. SERELIA DAN HASIL OLAHNYA

Kode	NAMA BAHAN MENTAH, MASAK	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																							
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	β KROTEN	KAROTEN TOTAL	TIAMIN	RIBOFLAVIN	NIASIN	Nilai VitA	Vit. B1	Vit. C.	b.d.d
			g	kkal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	ug	ug	ug	ug	mg	mg	mg	S.I.	mg	mg	%
IDA001	Beras giling	DKBM-1981	13.0	360	6.8	0.7	78.9	0.2	-	6	140	0.8	-	-	-	-	-	-	-	-	-	-	0	0.12	0	100
IDA002	Beras giling var pelita	KZGPI -1990	11.4	369	8.4	1.4	77.1	0.1	0.6	68	171	1.4	-	0	0	0	0	0	0	0.26	0	0				
IDA003	Beras giling var rojolele	KZGPI -1990	12	357	8.5	1.7	77.1	0.2	0.8	147	81	1.8	-	-	-	-	-	-	80	0.2	-	-				
IDA004	Beras hitam	KZGMI-2001	12.9	351	8	1.3	76.9	20.1	0.9	6	198	0.1	15	105	0.1	1.6	0	0	0	0.21	6	0				
IDA005	Beras jagung kuning	KZGMI-2001	10.8	358	5.5	0.1	82.7	10	0.9	20	90	1.4	1	80	0.1	1.6	-	641	-	0.12	8	1				
IDA006	Beras jagung putih	KZGMI-2001	22.5	307	4.8	0.1	71.8	10	0.8	17	78	1.2	1	70	0.1	4.1	-	301	-	0.15	7	9				
IDA007	Beras ketan putih	DKBM-1981	12.0	362	6.7	0.7	79.4	-	-	12	148	(0.8)	-	-	-	-	-	-	-	-	-	-	0	0.16	0	100
IDA008	Beras ketan hitam	DKBM-1981	13.0	356	7.0	(0.7)	78.0	-	-	10	(148)	0.8	-	-	-	-	-	-	-	-	-	-	0	0.2	0	100
IDA009	Beras ketan hitam tumbuk	KZGPI -1990	13.7	376	7.5	2.3	74.5	5.9	0.9	20	110	0.8	10	70	0.1	-	0	0	-	0.2	2	51				
IDA0010	Beras ketan putih tumbuk	KZGPI -1990	12.9	362	7.7	0.8	78.4	-	0.2	22	272	3.7	90	201	-	1.4	0	0	-	0.55	-	-				
IDA0011	Beras ladang	KZGMI-2001	9.8	353	6.8	0.4	80	-	2.5	5	142	0.8	2	-	-	-	0	0	-	0.22	-	-				
IDA0012	Beras menir	DKBM-1981	12.0	339	7.7	4.4	73.0	-	-	22	(272)	3.7	-	-	-	-	-	-	-	-	22	51	0	0.55	0	100
IDA0013	Beras parboiled	DKBM-1981	12.0	364	(6.8)	0.6	80.1	-	-	5	142	(0.8)	-	-	-	-	-	-	-	-	-	-	0	0.22	0	100
IDA0014	Beras pecah kulit	DKBM-1981	13.2	335	7.4	1.9	76.2	-	-	12	290	2.0	-	-	-	-	-	-	-	-	-	-	0	0.32	0	100
IDA0015	Beras setengah giling	DKBM-1981	12.0	363	7.6	1.1	78.3	-	-	11	221	1.2	-	-	-	-		-	-		-	-	0	0.19	0	100
IDA0016	Beras tumbuk	KZGMI-2001	11.5	354	7.8	0.4	79.9	3.8	0.4	3	112	0.6	5	85	0.5	-	0	0	-	0.25	22	51				
IDA0017	Beras merah tumbuk	DKBM-1981	13.0	359	7.5	0.9	77.6			16	163	0.3	-	-	-	-	-	-	-	-	-	-	0	0.21	0	100
IDA0018	Cantel	DKBM-1981	11.0	332	11.0	3.3	73.0	-	-	28	287	4.4	-	-	-	-	-	-	-	-	-	-	0	0.38	0	100
IDA0019	Jagung giling kuning	DKBM-1981	13.1	361	8.7	4.5	72.4	-	-	9	380	4.6	-	-	-	-	-	-	-	-	-	-	(350)	0.27	0	100
IDA0020	Jagung giling putih	DKBM-1981	13.1	361	8.7	4.5	72.4	-	-	9	380	4.6	-	-	-	-	-	-	-	-	-	-	0	0.27	0	100
IDA0021	Jagung kuning muda	KZGPI -1990	61.8	147	5.1	0.7	31.5	1.3	0.9	6	122	1.1	-	-	-	-	0	-	261	0.24	-	-				
IDA0022	Jagung segar kuning	DKBM-1981	60.0	140	4.7	1.3	33.1	-	-	6	118	0.7	-	-	-	-	-	-	-	-	-	-	435	0.24	8	90
IDA0023	Jagung segar putih	DKBM-1981	60.0	140	4.7	1.3	33.1	-	-	6	118	0.7	-	-	-	-	-	-	-	-	-	-	0	0.24	8	90
IDA0024	Jagung kuning muda rebus	DKBM-1981	63.5	129	4.1	1.3	30.3	-	-	5	108	1.1	-	-	-	-	-	-	-	-	-	-	117	0.18	9	28
IDA0025	Jagung putih muda rebus	DKBM-1981	63.5	129	4.1	1.3	30.3	-	-	5	108	1.1	-		-	-	-	-	-	-	-	-	Ø	0.18	9	28
IDA0026	Jagung kuning pipil baru	DKBM-1981	24.0	307	7.9	3.4	63.6	-	-	9	148	2.1	-	-	-	-	-	-	-	-	-	-	440	0.33	0	90
IDA0027	Jagung kuning pipil lama	DKBM-1981	12.0	355	9.2	3.9	73.7	-	-	10	256	2.4	-	-	-	-	-	-	-	-	-	-	510	0.38	0	90
IDA0028	Jagung putih pipil baru	DKBM-1981	24.0	307	7.9	3.4	63.6	-	-	9	148	2.1	-	-	-	-	-	-	-	-	-	-	0	0.33	0	90
IDA0029	Jagung putih pipil lama	DKBM-1981	12.0	355	9.2	3.9	73.7	-	-	10	256	2.4	-	-	-	-	-	-	-	-	-	-	0	0.38	0	90
IDA0030	Jagung kuning pipil rebus	DABM-1964	11.7	350	6.2	4.6	78.2	-	2.5	329	254	5.3	-		-	-	-	-	-	0.51	-	-				
IDA0031	Jagung kuning pipil var.harapan	DABM-1964	52	212	4	0.1	38.6	0.2	0.9	8	46	1	-		-	-	0	0	0	0.07	-	2	0	0.02	0	100
IDA0032	Jagung kuning pipil var.metro	KZGPI -1990	56.0	178	2.1	0.4	40.6	0.2	0.2	5	22	0.5	1		-	-	0	0	-	0.05	-	-				
IDA0033	Jali	DKBM-1981	23.0	289	11.0	4.0	61.0	-	-	213	176	11.0	-	-	-	-	-	-	-	-	-	-	0	0.14	0	(90)
IDA0034	Jawawut	DKBM-1981	11.9	334	9.7	3.5	73.4	-	-	28	311	5.3	-	-	-	-	-	-	-	-	-	-	0	0.51	0	100
IDA0035	Jampang huma	DABM-1964	11.7	350	6.2	1.4	78.2	-	2.5	329	254	5.3	-	-	-	-	-	-	-	0.51	-	-				
IDA0036	Ketupat ketan	KZGPI -1990	52	212	4	4.6	38.6	0.2	0.9	8	46	1	-	-	-	-	0	0	0	0.07	-	2				
IDA0037	Nasi	DKBM-1981	57.0	178	2.1	0.1	40.6	-	-	5	22	0.5	-	-	-	-	-	-	-	-	-	-	0	0.02	0	100
IDA0038	Nasi beras merah	KZGPI -1990	64	149	2.8	0.4	32.5	0.3	0.3	6	63	0.8	-	-	-	-	0	-	0	0.06	-	-				
IDA0039	Katul beras	DKBM-1981	10.8	275	12.6	14.8	54.6	-	-	32	2000	14.0	-	-	-	-	-	-	-	-	-	-	0	0.82	0	100
IDA0040	Katul jagung	DKBM-1981	12.0	356	9.0	8.5	64.5	-	-	(200)	(500)	(10)	-	-	-	-	-	-	-	-	-	-	0	1.2	0	100

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			g	kkal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	ug	ug	ug	ug	mg	mg	mg	S.I.	mg	mg	%
IDA0041	Ketan (lihat beras ketan)	DKBM-1981	12.0	362	6.7	0.7	79.4	-	-	12	148	0.8	-	-	-	-	-	-	-	-	-	-	0	0.16	0	100
IDA0042	Nasi ketan hitam	KZGPI -1990	56.9	181	4	1.2	37.3	0.3	0.6	9	144	1.7	-	-	-	-	0	-	0	0.06	-	-	0			
IDA0043	Nasi ketan putih	KZGPI -1990	60.7	163	3	0.4	35.7	0.2	0.2	4	55	0.7	-	-	-	-	0	-	0	0.07	-	-	0			
IDA0044	Nasi Tim	OKN - 1992	71	120	2.4	0.4	26	-	0.2	3	7	0.4	-	-	-	-	-	-	-	-	-	-	0			
	Terolah, Produk																						0	0	0	100
IDA0045	Bihun	DKBM-1981	12.9	360	4.7	0.1	82.1	-	-	6	35	1.8	-	-	-	-	-	-	-	-	-	-	0	0.09	0	100
IDA0046	Biskuit	DKBM-1981	2.2	458	6.9	14.4	75.1	-	-	62	87	2.7	-	-	-	-	0	-	-	-	-	-			0	
IDA0047	Dodol bali	KZGPI -1990	26.5	298	3.7	2.1	65.9	0.4	1.8	70	76	2.5	-	-	-	-	0	0	496	0.28	-	2.5			0	
IDA0048	Dodol Banjarmasin	KZGMI-2001	17.3	368	2.6	8.6	70	0.5	1.5	51	180	3.3	48	96	0.4	2.6	0	0	0	0.04	0.07	2.3			0	
IDA0049	Dodol galamai	KZGMI-2001	16.5	348	0.4	3.8	76.1	0.5	1.2	41	144	2.6	38	76	0.3	2.1	0	0	0	0.03	0.06	1.8			4.9	
IDA0050	Dodol kedondong	KZGPI -1990	26.4	331	1.9	7.6	63.8	1	0.6	90	55	2.3	-	-	-	-	0	-	408	0.11	-	0.8			0	
IDA0051	Dodol manado	KZGMI-2001	26.1	373	4.3	16.5	51.9	0.4	1.2	41	142	2.4	35	72	0.3	2.1	0	0	0	0.04	0.06	2.1			0	
IDA0052	Emping beras	KZGMI-2001	13.6	403	10.6	2.2	85.3	0.2	1.9	11	240	0.3	1	113	0.3	2.4	-	-	-	0	0.16	-	0	0.04	0	100
IDA0053	Gaplek	DKBM-1981	14.5	338	1.5	0.7	81.3	-	-	80	60	1.9	-	-	-	-	-	-	-	-	-	-	0	0.6	0	100
IDA0054	Havermout	DKBM-1981	8.3	390	14.2	7.4	68.2	-	-	53	405	4.5	-	-	-	-	-	-	-	-	-	-			0	
IDA0055	Intip goreng	KZGPI-1990	6.5	474	7.6	21.6	62.3	1.2	2	36	64	2.5	-	-	-	-	-	-	200	0.25	-	0.8			-	
IDA0056	Jagung titi	KZGPI-1990	9.2	374	9.4	2.2	79.1	0.8	0.1	14	142	2.9	-	-	-	-	-	-	1150	0.2	-	-			0	
IDA0057	Maizena (pati jagung)	DKBM-1981	14.0	343	0.3	0	85.0	-	-	20	30	1.5	-	-	-	-	-	-	-	-	-	-	0	0	0	100
IDA0058	Macaroni	DKBM-1981	11.7	363	8.7	0.4	78.7	-	-	20	80	0.3	-	-	-	-	-	-	-	-	-	-	Ø	(0.10)	0	100
IDA0059	Mi basah	DKBM-1981	80.0	86	0.6	3.3	14.0	-	-	14	13	0.8	-	-	-	-	-	-	-	-	-	-	0	0	0	100
IDA0060	Mi kering	DKBM-1981	28.6	337	7.9	11.8	50.0	-	-	49	47	2.8	-	-	-	-	-	-	-	-	-	-	0	0.01	0	100
IDA0061	Misoa	KZGPI -1990	10	345	8.5	2.2	78	0.5	1.3	52	120	8.7	-	-	-	0	0	0	0	0	-	-			0	
IDA0062	Renggi goreng	KZGMI-2001	8.8	471	4.7	21.8	64.1	6.4	0.6	4	80	1.1	126	29	0.9	1.3	-	-	0	0.53	0.05	8.2			0	
IDA0063	Tapai beras	KZGMI-2001	75.5	99	1.7	0.3	22.4	0	0.1	4	19	+/-	26	2	0.1	0.5	-	-	-	0	0	0			0	
IDA0064	Tapai ketan hitam	KZGPI -1990	50.2	166	3.8	1	34.4	0.3	0.6	8	106	1.6	6	-	-	-	0	0	-	0.02	-	-			0	
IDA0065	Tapai ketan putih	KZGPI -1990	58.9	172	3	0.5	37.5	0.6	0.1	6	35	0.5	1	-	-	-	0	0	0	0.04	0	0.2			0	
IDA0066	Tepung beras	DKBM-1981	12.0	364	7.0	0.5	80.0	-	-	5	140	0.8	-	-	-	-	-	-	-	-	-	-	0	0.12	0	100
IDA0067	Tepung jagung kuning	DKBM-1981	12.0	355	9.2	3.9	73.7	-	-	10	256	2.4	-	-	-	-	-	-	-	-	-	-	510	0.38	0	100

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			g	kkal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	ug	ug	ug	ug	mg	mg	mg	S.I.	mg	mg	%
IDA0068	Tepung jagung putih	DKBM-1981	12.0	355	9.2	3.9	73.7	-	-	10	256	2.4	-	-	-	-	-	-	-	-	-	-	0	0.38	0	100
IDA0069	Tepung terigu	DKBM-1981	12.0	365	8.9	1.3	77.3	-	-	16	106	1.2	-		-	-	-	-	-	-	-	-	0	(0.12)	0	100
IDA0070	Tipa-tipa	KZGPI -1990	11.3	355	6.2	1.2	79.8	1.3	1.5	17	328	1.6	-		-	-	0	0	0	0.26	0.04	1.5				
	Masakan																									
IDA0071	Amparan, tatak	KZGMI-2001	58.4	191	1.3	5.5	34	-	0.8	-	-	-	-	-	-	-	-	-	-	-	-	-				
IDA0072	Apang kukus	KZGMI-2001	49.5	202	3	0.3	46.7	-	0.5	-	-	-	-	-	-	-	-	-	-	-	-	-				
IDA0073	Apem	KZGPI -1990	63.1	148	2	0.5	33.9	-	0.5	-	-	-	-	-	-	-	-	-	-	-	-	-				
IDA0074	Bakpia	KZGPI -1990	38.9	272	8.7	6.7	44.1	0.9	1.6	194	117	4.5	-	-	-	-	-	-	1392	0.31	1	2.9				
IDA0075	Bakwan	KZGPI -1990	40.5	280	8.2	10.2	39	3.4	2.1	204	79	7	-	-	-	-	0	-	0	0.08	-	-				
IDA0076	Bantal	KZGMI-2001	52.3	190	3.3	0.3	43.5	3.4	0.6	9	0	0.4	164	84	0.2	0.9	-	-	-	0.27	0.02	3.6				
IDA0077	Baruasa	KZGMI-2001	5.3	417	6.38.2	8.2	79.3	-	0.7	-	-	-	-	-	-	-	-	-	-	-	-	-				
IDA0078	Bakwan	KZGMS-1993	40.5	280	6.1	1.0	39	-	2.3	204	79	7	-	-	-	-	-	-	-	0.08	-	-				
IDA0079	Bihun goreng instan	KZGMS-1993	9	381	2.1	3.9	80.3	-	0.7	266	151	2.9	928	-	-	-	58	-	400	0.37	-	-				
IDA0080	Bika ambon	KZGPI -1990	51.5	199	5.3	1.5	44.4	0.3	0.6	45	28	1.8	-	-	-	-	0	-	408	0.1	-	0				
IDA0081	Bingka	KZGMI-2001	44.4	273	5.3	10.6	39.1	-	0.6	-	-	-	-	-	-	-	-	-	-	-	-	-				
IDA0082	Bobengka	KZGMI-2001	46.3	225	3.3	2.6	45.2	-	0.6	-	-	-	-	-	-	-	-	-	-	-	-	-				
IDA0083	Bolu peca	KZGMI-2001	55.6	197	3.4	4.6	35.6	-	0.9																	
IDA0084	Brem	KZGPI -1990	37.4	249	2.3	0.4	58	0	0.91	198	86	2	-	-	-	-	0	-	240	0.34	0	0				
IDA0085	Bubur pinotuan (manado)	KZGMI-2001	80.9	156	4.9	0.2	15.6	8.2	1.4	41	20	0.4	486	164	0.3	0.4	-	1437	-	0.1	0.04	-				
IDA086	Cake tape	KZGMI-2001	32.2	323	2.8	11.5	50.1	1.4	0.8	131	83	2.6	-	-	-	-	26	-	1872	0.38	0.16	0.3				
IDA0087	Cangkuning	KZGMI-2001	57.5	204	1.7	7.5	31.4	-	1.2	-	-	-	-	-	-	-	-	-	-	-	-	-				
IDA0088	Gemblong	KZGPI -1990	36.2	274	6.4	5.4	55.5	2.2	3	69	55	3.3	-	-	-	-	0	0	0	0	-	-				
IDA0089	Gendar goreng	KZGPI -1990	30.4	407	1.4	28.2	32	0.1	1	216	62	1.6	-	-	-	-	0	-	184	0.16		0.6				
IDA0090	Geplak	KZGMI-2001	29.6	350	3.1	14.4	53.6	1.83	2.5	151	43	2.1	-	-	-	-	0	-	120	0.12	0.02	0.8				
IDA0091	Geplak jahe	KZGMI-2001	12.4	462	7.6	24.4	57.7	3	2	212	161	6.6	-	-	-	-	0	-	272	0.12	0	0.1				
IDA0092	Intip goreng	KZGPI -1990	6.5	474	2.7	21.6	62.3	1.2	0.8	323	64	2.5	-	-	-	-	0	-	200	0.25	0.01	0.8				
IDA0093	Jagung gerontol	KZGPI -1990	61.7	156	1.2	1.3	33.3	1	2.7	51	105	1.2	-	-	-	-	0	-	162	0.08	-	-				
IDA0094	japilus	KZGPI -1990	3.8	500		25.1	67.3	0.4		186	29	4.9	-	-	-	-	0	-	0	0.17	0.03	0.4				

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			g	kkal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	ug	ug	ug	ug	mg	mg	mg	S.I.	mg	mg	%
IDA0095	Kakicak	KZGMI-2001	43.9	296	3.4	15.1	36.7	-	0.9	-	-	-	-	-	-	-	-	-	-	-	-	-	-			
IDA0096	Kambose	KZGMI-2001	61.5	164	3	2.4	32.6	4.3	0.7	16	36	0.7	0	32	0.1	1.6	0	256	-	0.1	0.1	4	-			
IDA0097	Kapusa	KZGMI-2001	63.5	158	4.4	3.2	27.8	5.3	1	79	115	1.2	104	149	0.5	1.1	0	1374	-	0.06	0.05	1	0			
IDA0098	Keddo bodong	KZGMI-2001	33.9	290	4.6	5.7	55.2	-	0.6	-	-	-	-	-	-	-	-	-	-	-	-	-	-			
IDA0099	Kelepon	KZGMI-2001	49.6	215	3.7	3.7	41.8	1	1.2	232	45	3.3	-	-	-	-	0	-	872	0.09	0.07	2	0			
IDA0100	Kereput	KZGMI-2001	3.5	580	4.8	39.6	51.1	-	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-			
IDA0101	Ketupat kandangan	KZGMI-2001	78.5	109	2.2	5.2	13.4	-	0.7	-	-	-	-	-	-	-	-	-	-	-	-	-	-			
IDA0102	Koya	KZGMI-2001	13.2	366	4.2	4.3	77.5	0.8	0.8	153	222	7	-	-	-	-	0	-	-	-	-	-	0			
IDA0103	Koya mirasa	KZGMI-2001	7.2	370	8	1	82.2	0.4	1.6	83	110	17	-	-	-	-	3	-	144	0.19	0.45	2.6	0			
IDA0104	Koyabu	KZGMI-2001	44.2	241	2.4	4.3	47.2	-	0.9	-	-	-	-	-	-	-	-	-	-	-	-	-	-			
IDA0105	Kue ali	KZGMI-2001	12.8	440	3.8	18.5	64.5	0.3	0.4	27	47	2.5	-	-	-	-	0	-	0	0.13	0.09	0	0			
IDA0106	Kue bangen	KZGMI-2001	5.6	442	3.3	14.7	74.2	-	2.2	-	-	-	-	-	-	-	-	-	-	-	-	-	-			
IDA0107	Kue gelang	KZGMI-2001	7.1	448	5.8	16.1	70	-	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-			
IDA0108	Kue jahe	KZGPI -1990	3.7	425	1.6	8.8	84.6	1.2	1.3	155-	61	4	-	-	-	-	0		0	0.2	-	-	0			
IDA0109	Kue ku temu	KZGMI-2001	46.2	214	3.5	0.2	49.6	-	0.5	96	-	-	-	-	-	-	-	-	-	-	-	-	-			
IDA0110	Kue lupur	KZGMS-1993	40.1	291	3.6	11.1	44.1	-	1.1	-	60	2.3	-	-	-	-	20.3	-	400	0.24	-	-	-			
IDA0111	Kue pelita	KZGMI-2001	71	141	5.3	5.5	17.6	-	0.6	105	-	-	-	-	-	-	-	-	-	-	-	-	-			
IDA0112	Kue susus	KZGMS-1993	56.6	221	7.5	10.2	24.8	-	0.9	18	85	2.5	-	-	-	-	26	-	1300	0.12	-	-	0			
IDA0113	Kue putu cangkir	KZGPI -1990	32.6	304	5.3	7	54.9	0.9	0.2	16	193	4	-	-	-	-	0	-	0	0.06	-	-	0			
IDA0114	Kue thipan	KZGMI-2001	43	247	2.9	4.2	49.5	-	0.4	-	107	1.8	95	56	1.3	0.8	-	+/-	-	0.17	-	-	-			
IDA0115	Laksa/putu mayang	KZGMI-2001	73.2	121	1.7	3.4	21.1	-	0.6	16	-	-	-	-	-	-	-	-	-	-	-	-	-			
IDA0116	Lapis legit	KZGPI -1990	21.3	389	6.6	15.7	55.5	0.5	0.9	119	136	1.9	-	-	-	-	41	-	1032	0.26	0.09	3	0			
IDA0117	Lupis ketan	KZGPI -1990	61	164	8.1	2.1	34.5	0.7	0.6	-	31	1.5	-	-	-	-	0	-	0	0.09	0	2	0			
IDA0118	Manan samin	KZGMI-2001	27.1	379	3.4	1.8	50.6	-	0.8	14	-	-	-	-	-	-	-	-	-	-	-	-	-			
IDA0119	Martabak india	KZGMI-2001	65.8	153	4.5	4.2	24.3	-	1.2	49	108	2.4	240	112	0.4	0.5	-	-	-	-	-	-	-			
IDA0120	Martabak mesir	KZGMI-2001	40.2	278	5.1	8.6	45	-	1.1	17	168	3.4	193	123	0.2	0.9	-	-	-	-	-	-	-			
IDA0121	Masekat	KZGMI-2001	15.6	369	2.1	7	74.1	4	0.8	22	52	0.8	141	12	0.4	0.3	155	-	-	-	-	-	-			
IDA0122	Mie aceh rebut	KZGMI-2001	74.6	113	3	3.2	18.1	-	1.1		44	1.4	191	36	0.2	0.3	0	0	-	0	0	0	0			

A. SERELIA DAN HASIL OLAHNYA

Kode	NAMA BAHAN MENTAH, MASAK	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																							
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	β KROTEN	KAROTEN TOTAL	TIAMIN	RIBOFLAVIN	NIASIN	Nilai Vit.A	Vit. B1	Vit. C.	b.d.d
			g	kkal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	ug	ug	ug	ug	mg	mg	mg	S.I.	mg	mg	%
IDA0123	Mie ayam	KZGMS-1993	78.6	102	6.2	3.9	10.5	-	0.8	262	51	1.8	279	-	-	-	39.4	-	166	0.85	-	0				
IDA0124	Mie bakso	KZGMS-1993	74.5	114	5.3	3	16.4	0.1	0.8	286	53	1.9	759.9	-	-	-	17.3	-	180	0.16	-	-				
IDA0125	Mie celon	KZGMI-2001	75.9	102	3	2.1	17.8	-	1.2	12	84	1.4	451	112	0.1	0.5	0	0	-	0	0	-				
IDA0126	Mie pangsit basah	KZGMS-1993	79.2	105	5.9	4.9	9.4	-	0.7	208	48	2	529.5	-	-	-	25	-	620	0.46	-	-				
IDA0127	Nasi gemuk	KZGMI-2001	61.4	192	3.8	8.8	24.4	0.7	1.6	15	74	1	355	63	0.2	1.4	0	0	-	0.19	0.05	2				
IDA0128	Nasi gurih	KZGMI-2001	60.5	190	7.4	7.5	26	0.7	1.3	12	62	0.8	296	52	0.2	1.2	0	0	-	0.11	0.06	2.1				
IDA0129	Nasi minyak	KZGMI-2001	53.3	207	3.5	5	17.1	0.8	1.1	26	100	1.5	74	174	0.2	2.2	0	0	-	0.14	0.07	2.6				
IDA0130	Nasi rames	KZGMS-1993	65.8	155	10.3	4.2	19.1	-	0.6	239	62	1.8	265.3	-	-	-	96	-	3140	0.59	-	-				
IDA0131	Nopia special	KZGPI -1990	11.5	387	5.3	7.6	74.3	0.3	1.3	903	133	4.2	-	-	-	-	-	-	512	0.17	-	-				
IDA0132	Onde-onde	KZGMI-2001	27.7	336	4	9.8	57.9	-	0.6	-	-	-	-	-	-	-	-	-	-	-	-	-				
IDA0133	Padamaran	KZGMI-2001	67.6	171	3.9	8.9	18.8	-	0.8	-	-	-	-	-	-	-	-	-	-	-	-	-				
IDA0134	Pastel	KZGMS-1993	38.3	307	4.5	13.3	42.4	-	1.5	296	53	2.5	-	-	-	-	0	-	5360	0.15	-	-				
IDA0135	Pulut	KZGMI-2001	49.1	216	2.6	3.1	44.4	-	0.8	6	70	3.8	100	22	0.4	1.3	0	0	-	0.14	-	-				
IDA0136	Pundut nasi	KZGMI-2001	77.8	104	1.9	4.1	15.1	0.4	1.1	26	100	1.5	74	174	0	0	-	-	-	-	-	-				
IDA0137	Putri selat	KZGMI-2001	66.6	163	2.2	6.5	23.8	-	0.9	72	3	4	-	68	+/-	+/-	0	0	-	-	-	-				
IDA0138	Putu sofa	KZGMI-2001	50.7	215	3.3	4.1	41.1	-	0.8	-	-	-	-	-	-	-	-	-	-	-	-	-				
IDA0139	Roti boong	KZGMI-2001	34	341	5.5	16.2	43.3	-	1	15	65	1.1	161	41	+/-	0.9	-	-	-	0.4	0.3	2.4				
IDA0140	Roti putih	DKBM-1981	40.0	248	8.0	1.2	50.0	-	-	10	95	1.5	530	-	-	-	-	-	-	-	-	-	0	0.10	0	100
IDA0141	Roti warna sawo matang	DKBM-1981	40.0	249	7.9	1.5	49.7	-	-	20	140	2.5	500	-	-	-	-	-	-	-	-	-	0	0.15	0	100
IDA0142	Sarimuka	KZGMI-2001	61.5	166	2.3	2.8	32.8	-	0.5	36	13	2	3	34	0	0	-	-	0	-	-	-				
IDA0143	Spaghetti	KZGMS-1993	66.1	139	7.4	2.1	26.6	-	2.1	109	53	4.7	-	-	-	-	42	-	0	0.35	-	-				
IDA0144	Sarikaya ketan	KZGMI-2001	41	265	2.7	6.4	49.1	-	0.8	-	-	-	-	-	-	-	-	-	-	-	-	-				
IDA0145	Sunduk lawang	KZGMI-2001	63.4	181	1.9	1.3	32.4	-	1	-	-	-	-	-	-	-	-	-	940	-	-	-				
IDA0146	Suir-suir	KZGPI -1990	13.4	347	0.5	0.9	84.2	0.8	1	42	40	4.3	-	-	-	-	1	-	240	0.13	-	0.9				
IDA0147	Wajit camilan	KZGPI -1990	27.4	303	6.3	2.7	63.3	6.9	0.6	61	302	5.5	-	-	-	-	0	-	0	0.03	-	-				
IDA0148	Widaran	KZGPI -1990	7	424	1.3	10.7	80.7	0.2	0.3	49	88	2.5	-	-	-	-	21	-	440	0.13	0.2	2.2				
IDA0149	Wingko babat	KZGPI -1990	29.7	355	3.2	15.1	51.4	2.4	0.7	47	63	1.1	-	-	-	-	0	-	0	0.08	0.08	0				
IDA0150	Yangko	KZGPI 1990	37.4	254	3	1.1	58.1	0.8	0.4	184	24	2.6	-	-	-	-	0	-	96	0.15	-	0				

B. UMBI BERPATI DAN HASIL OLAHNYA

Kode	NAMA BAHAN MENTAH, MASAK	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																							
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	β KROTEN	KAROTEN TOTAL	TIAMIN	RIBOFLAVIN	NIASIN	Nilai Vit.A	Vit. B1	Vit. C.	b.d.d
			g	kkal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	ug	ug	ug	ug	mg	mg	mg	S.I.	mg	mg	%
IDB001	Arrowroot	KZGPI -1990	73.5	102	1	0.2	24.1	1.7	1.2	28	35	1.7	-	-	-	-	0	0	0	0.06	-	-			2	
IDB002	Batatas gembili	KZGMI-2001	76.7	76	1.1	0.9	16	4.2	0.7	+/-	40	0.2	10	200	0.2	3	0	0	0	0.06	0	0.9			0	
IDB003	Batatas kelapa	KZGMI-2001	76.1	89	1.1	0.1	21	4.	0.7	+/-	40	0.2	20	340	0.1	2	0	0	0	0.38	0	0.9			0	
IDB004	Batatas kelapa bakar	KZGMI-2001	73.2	110	1.4	1.1	23.4	4.5	0.7	1	46	0.2	12	230	0.2	3	0	0	0	1.13	0	0			0	
IDB005	Batatas kelapa kukus	KZGMI-2001	75.7	92	1.2	0.3	21	4.1	1.8	+/-	42	0.2	10	209	0.2	3	0	0	0	0.28	0	0.7			0	
IDB006	Batatas tali rebus	KZGMI-2001	53.2	182	2.4	0.4	42.2	9.2	1.8	1	80	0.3	20	402	0.3	6	0	0	0	0.27	0	1.3			0	
IDB007	Belitung	KZGPI -1990	63.1	145	1.2	0.4	34.2	1.5	1.1	26	54	1.4	-	-	-	-	0	0	0	0.10	-	-			2	
IDB008	Belitung kukus	KZGPI -1990	63.1	145	1.2	0.4	34.2	1	1.1	21	48	0.9	-	-	-	-	0	0	0	0.08	-	-			1	
IDB009	Bengkuang	DABM-1964	85.1	59	1.4	0.2	12.8	-	0.5	15	18	0.6	-	-	-	-	-	-	-	0.04	-	-			20	
IDB010	Bentul (komba)	KZGPI -1990	75.8	98	1.6	0.7	20.9	0.7	1.8	44	66	1.5	-	-	-	-	0	0	0	0.02	-	-			0	
IDB011	Bentul kukus	KZGPI -1990	81.1	71	2.3	0.3	15.4	0.5	0.9	29	26	0.6	-	-	-	-	0	0	0	0.06	-	-			21	
IDB012	Gadung	DKBM-1981	73.5	101	2.1	0.2	23.2	-	-	20	69	0.6	-	-	-	-	-	-	-	-	-	-	Ø	0.10	9	(85)
IDB013	Gadung kukus	KZGPI -1990	77.4	88	0.6	0.3	20.9	0.9	0.8	26	47	0.4	-	-	-	-	0	0	0	0.03	-	-			0	
IDB014	Ganyong	DKBM-1981	75.0	95	1.0	0.1	22.6	-	-	21	70	20.0	-	-	-	-	-	-	-	-	-	-	Ø	0.10	(10)	(65)
IDB015	Ganyong rebus	KZGPI -1990	74.1	100	0.8	0.2	23.8	0.9	1.1	15	65	0.9	-	-	-	-	0	0	0	0.04	-	-			6	
IDB016	Gembili	DKBM-1981	75.0	95	1.5	0.1	22.4	-	-	(14)	(49)	(0.8)	-	-	-	-	-	-	-	-	-	-	0	(0.05)	(4)	85
IDB017	Hofa/ubi hutan	KZGMI-2001	67.9	127	1.2	0.5	29.5	3.4	0.9	30	8	0.7	3	4	0.1	2	0	0	0	0.3	5	0.6			0	
IDB018	Kaburan	KZGPI -1990	66.5	133	1	0.2	32.2	0.7	0.5	65	50	0.6	-	-	-	-	0	0	0	0.01	-	-			0	
IDB019	Kentang	DKBM-1981	77.8	83	2.0	0.1	19.1	-	-	11	56	0.7	-	-	-	-	-	-	-	-	-	-	Ø	0.11	17	85
IDB020	Kentang hitam	DKBM-1981	64.0	142	0.9	0.4	33.7	-	-	34	75	0.2	-	-	-	-	-	-	-	-	-	-	0	0.02	38	75
IDB021	Keribang	KZGPI -1990	67	137	1.3	1.1	29.8	0.6	0.8	45	56	0.8	-	-	-	-	0	0	0	0	-	-			0	
IDB022	Ketela pohon/singkong	DKBM-1981	62.5	146	1.2	0.3	34.7	-	-	33	40	0.7	-	-	-	-	-	-	-	-	-	-	0	0.06	30	75
IDB023	Ketela pohon kuning	DKBM-1981	60.0	157	0.8	0.3	37.9	-	-	(33)	(40)	(0.7)	-	-	-	-	-	-	-	-	-	-	(385)	(0.06)	30	75
IDB024	Ketela pohon kukus	KZGPI -1990	61.5	153	1.2	0.3	36.4	1.3	0.6	56	22	0.4	-	-	-	-	0	0	0	0	-	-			20	
IDB025	Lepok/ubi rumput	KZGMI-2001	55.3	181	2.8	1.2	39.8	10.7	0.9	7	50	3.1	116	306	1.6	9	0	0	0	0.28	5	1.5			0	
IDB026	Papeda	KZGMI-2001	84.8	61	0.2	0.1	14.9	0.5	0.1	3	1	0.2	4	20	0.1	1	0	0	0	0.06	0	0			0	
IDB027	Senté	DKBM-1981	84.0	64	0.6	0.3	14.8	-	-	(30)	(50)	(1.0)	-	-	-	-	-	-	-	-	-	-	0	0.05	(5)	86
IDB028	suweg	DKBM-1981	82.0	69	1.0	0.1	15.7	-	-	62	41	4.2	-	-	-	-	-	-	-	-	-	-	0	0.07	(5)	86

B. UMBI BERPATI DAN HASIL OLAHNYA

Kode	NAMA BAHAN MENTAH, MASAK	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																							
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	β KROTEN	KAROTEN TOTAL	TIAMIN	RIBOFLAVIN	NIASIN	Nilai Vit.A	Vit. B1	Vit. C.	b.d.d
			g	kkal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	ug	ug	ug	ug	mg	mg	mg	S.I.	mg	mg	%
IDB029	Suweg kukus	KZGPI -1990	75.5	93	1.5	0.1	21.9	9	1	50	58	0.8	-	-	-	-	0	0	283	0.09	-	-			0	
IDB030	Talas	DKBM-1981	73.0	98	1.9	0.2	23.7	-	-	28	61	1.0	-	-	-	-	-	-	-	-	-	-	20	0.13	4	850
IDB031	Talas bogor	KZGPI -1990	72.4	108	1.4	0.4	25	9	0.8	47	67	0.7	10	448	-	-	0	0	0	0.06	-	-			4	
IDB032	Talas bogor kukus	KZGPI -1990	69.2	120	1.5	0.3	28.2	707	0.8	31	63	0.7	11	498	-	-	0	0	0	0.05	-	-			2	
IDB033	Talas Pontianak	KZGPI -1990	60	163	2.3	0.5	36.4	86	0.9	45	80	1.7	-	-	-	-	0	0	0	0.02	-	-			-	
IDB034	Talas viqueque	KZGMI-2001	70.6	115	1.8	0.5	25.9	42	1.2	50	220	0.9	1	70	3	1	0	0	0	0.08	-	-			-	
IDB035	Ubi jalar kuning	KZGMI-2001	72.6	119	0.5	0.4	25.1	1	1	30	40	0.4	3	1	1	2	0	794	4948	0.06	7	0.7			21	
IDB036	Ubi jalar kuning kukus	KZGPI -1990	74.2	100	0.7	0.3	23.8	6	1	44	46	0.4	-	-	-	-	0	-	4427	0	-	-			16	
IDB037	Ubi jalar manis	KZGPI -1990	78.4	83	1.5	0.2	18.8	-	1.1	27	162	2.1		-	-	-	0	0	0	0.02	-	-			0	
IDB038	Ubi jalar merah	DKBM-1981	68.5	123	1.8	0.7	27.9	-	-	30	49	0.7	-	-	-	-	-	-	-	-	-	-	7700	0.09	22	86
IDB039	Ubi jalar putih	DKBM-1981	68.5	123	1.8	0.7	27.9	42	-	30	49	0.7	-	4	-	-	-	-	-	-	-	-	60	0.09	22	86
IDB040	Ubi jalar tinta/kemayung	KZGMI-2001	72.5	108	0.5	0.4	25.6	11	1	30	40	0.5	1	-	1	2	0	13.3	0	0.09	6	0.6			24	
IDB041	Ubi jalar tinta/kemayung kukus	KZGPI -1990	58.5	165	0.9	0.2	39.8	-	0.6	20	23	0.8	-		-	-	0	0	0	0.02	-	-			0	
IDB042	Uwi	DKBM-1981	75.0	101	2.0	0.2	19.8		-	45	280	1.8	-	1	-	-	-	-	-	-	-	-	(Ø)	0.10	-9	86
	Terolah, produk							-						-												
IDB043	Gadeng/gadung kering	KZGMI-2001	20.2	322	2.4	0.6	76.6	45	0.2	39	22	2.2	5		5	2	0	0	-	0.45	2	1			0	
IDB044	Kerupuk kemplang (ikan) mentah	KZGMI-2001	14.2	325	1.8	0.4	78.5	1	5.1	59	268	2.3	1123	2	2	5	32	0	0	0.6	1	2.3			0	
IDB045	Migolosor	KZGPI -1990	82.9	71	0.2	0.8	15.9	3	0.6	117	5	0.2	-	273	-	-	0	-	112	0.05	2	0			0	
IDB046	Sagu aren kering	KZGPI -1990	11.9	355	0.6	1.1	85.6	32	0.8	91	167	2.2	-	-	-	-	-	-	0	0.04	-	-			0	
IDB047	Sagu aren segar	KZGMI-2001	42.5	231	0.6	0.2	56.6	3	0.1	20	20	0.1	7	-	1	1	0	0	0	0.2	0	0			0	
IDB048	Sagu kasbi segar	KZGMI-2001	42.5	230	0.6	0.2	56.5	47	0.2	20	1	0.3	100	0	1	2	0	0	0	0.1	0	0			0	
IDB049	Sagu lemepeng	KZGMI-2001	13.5	347	0.9	0.3	85.2	-	0.1	30	30	0.2	11	410	1	1	0	0	-	0.3	0	0			0	
IDB050	Sagu singkong kering	DKBM-1981	12	362	0.5	0.3	86.9	-	0.3	0	0	0	-	0	-	-	-	0	0	0	-	-			0	
IDB051	Tapai singkong	DKBM-1981	56.1	173	0.5	0.1	42.5	-	-	-30	-30	0	-	-	-	-	-	-	-	-	-	-	0	(0.07)	0	100
IDB052	Tepung arrowroot	DKBM-1981	13.5	355	0.7	0.2	85.2	-	-	8	22	1.5	-	-	-	-	-	-	-	-	-	-	0	(0.09)	0	100
IDB053	Tepung kentang	DKBM-1981	13.0	347	0.3	0.1	85.6	-	-	20	30	0.5	-	-	-	-	-	-	-	-	-	-	0	(0.04)	0	100
IDB054	Pati singkong (tapioka)	DKBM-1981	12.0	362	0.5	0.3	86.9	-	-	0	0	0	-	-	-	-	-	-	-	-	-	-	0	0	0	100
IDB055	Tepung gaplek	DKBM-1981	9.1	363	1.1	0.5	88.2	-	-	84	-125	1.0	-	-	-	-	-	-	-	-	-	-	0	0.04	0	100
IDB056	Tepung sagu	DKBM-1981	14.0	353	0.7	0.2	84.7		-	11	13	1.5		-	-	-	-	-	-	-	-	-	0	0.01	0	100

B. UMBI BERPATI DAN HASIL OLAHNYA

Kode	NAMA BAHAN MENTAH, MASAK	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																							
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	β KROTEN	KAROTEN TOTAL	TIAMIN	RIBOFLAVIN	NIASIN	Nilai Vit.A	Vit. B1	Vit. C.	b.d.d
			g	kkal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	ug	ug	ug	ug	mg	mg	mg	S.I.	mg	mg	%
IDB057	Bagea kelapa asin	KZGMI-2001	3.5	450	3.2	13.9	78.1	-	1.3	38	38	0.3	74	0	0.2	0.2	0	0	0	0.3	0	0			0	
IDB058	Bagea kelapa manis	KZGMI-2001	3	452	1.3	13.8	80.6	-	1.3	38	39	0.3	75	0	0.2	0.2	0	0	0.3	0	0	0			0	
IDB059	Bagea kenari asin	KZGMI-2001	2.8	529	3.2	29.1	63.6	-	1.3	38	40	0.4	74	0	0.2	0.2	0	0	0	0.3	0	0			0	
IDB060	Bagea kenarimanis	KZGMI-200	3.1	523	3.2	28.2	64.2	-	1.3	38	39	0.3	74	0	0.2	0.2	0	0	0	0.3	0	0			0	
IDB061	Bagea kw 1	KZGPI -1990	7.2	416	6.5	9.4	76.3	0.4	0.6	49	77	4.9	-	-	-	-	13	-	312	0.08	-	2.6			0	
IDB062	Bagea kw 2	KZGPI -1990	7.9	382	0.3	3.5	87.2	0.9	1.1	172	120	7.6	-	-	-	-	0	0	0	0.02	-	-			0	
IDB063	Biji nangka/biji salak	KZGMI-2001	40.5	262	2.3	5.4	51.1	8	0.7	60	80	0.8	10	2	0.6	2	0	1667	-	0.1	1	-			10	
IDB064	Bubur sagu	KZGMI-2001	62.5	167	0.2	4	33	-	0.3	3	3	0.1	7	0	0.1	0.1	0	0	0	-	-	0.1			0	
IDB065	Caxxavastick	KZGPI -1990	5.6	460	0.8	18.7	17.2	1.6	2.7	144	58	7.5	-	-	-	-	0	-	107	0.19	0.07	0.1			0	
IDB066	Ceriping getuk singkong	KZGPI -1990	7.2	462	1.2	20.7	67.7	0.6	3.2	8	172	8.8	-	-	-	-	0	-	152	0.29	0.02	0.5			0	
IDB067	Getuk goreng	KZGPI -1990	16.5	360	1.3	6.4	74.3	0.8	1.5	59	81	3.2	-	-	-	-	0	0	0	0.21	-	0.1			0	
IDB068	Getuk singkong	KZGPI -1990	49.8	204	0.5	1.4	47.4	0.8	1.1	97	52	1.5	-	-	-	-	0	-	208	0.08	-	0.1			0	
IDB069	Gurandil	KZGPI -1990	47.5	218	0.5	2.5	48.5	3.1	1	50	25	2.8	-	-	-	-	-	-	0	0.19	-	-			0	
IDB070	Kabuto	KZGMI-2001	58.9	250	2.6	2.5	35.4	1.8	0.6	35	49	1.1	2	218	-	-	-	0	0	0.1	0.1	0.6			-	
IDB071	Kapurung	KZGMI-2001	79.6	41	2	0.3	7.8	2	0.6	34	12	0.3	185	566	0.1	0.3	0	213	-	0.12	0.25	2.7			15	
IDB072	Kecimping singkong goreng	KZGPI -1990	3.7	464	1.2	18.6	73	1.3	3.5	82	52	3.4	-	-	-	-	-	-	3320	0.34	-	-			0	
IDB073	Keremes	KZGPI -1990	6.7	475	1.6	25.2	64.4	2.1	2.1	153	88	1	-	-	-	-	0	-	1000	0	-	-			0	
IDB074	Keripik gadung	KZGPI -1990	4	446	2.8	14.5	76	1.7	2.8	147	52	1.9	-	-	-	-	0	0	0	0.95	-	-			0	
IDB075	Keripik kentang	KZGMI-2001	7.8	448	2.7	18.8	67.1	3.8	3.6	25	130	1.2	712	406	1.1	-	-	15	-	0.1	0.05	2.8			0	
IDB076	Keripik singkong	KZGPI -1990	4.2	478	0.9	20.7	72	2	2.2	189	101	1.9	-	-	-	-	0	0	0	0.24	-	-			0	
IDB077	Keripik singkong berbumbu	KZGPI -1990	2.2	481	2.2	19.7	73.6	1.6	2.3	156	103	1.6	-	-	-	-	0	-	80	0.31	-	-			0	
IDB078	Keripik ubi	KZGMI-2001	6	486	0.2	23.9	67.6	14.3	2.3	68	92	0.9	52	2	0.7	2.3	0	920	-	0.1	0.1	0.5			0	
IDB079	Kerupuk cumi goreng	KZGMI-2001	3.4	444	6.9	14.6	71.3	5	3.8	47	375	1.8	837	191	0.1	0.3	-	-	-	0.4	0.1	1.8			0	
IDB080	Kerupuk kemplang goreng	KZGPI -1990	5.8	504	5.6	23.1	57.1	0.3	3.4	50 62	94	2.9	-	-	-	-	6	-	280	0.31	-	-			0	
IDB081	Kerupuk kemplang panggang	KZGPI -1990	9.4	356	9.7	1.1	76.9	1	3	57	129	2.9	-	-	-	-	7	-	-	0.36	-	-			0	
IDB082	Kerupuk mie kuning goring	KZGPI -1990	7.2	476	0.1	21.1	71.3	4.2	0.3	0	36	4.6	-	-	-	-	0	-		0.22	-	-			0	
IDB083	Kerupuk aci	DKBM-1981	12.0	350	0.5	0.2	85.9	-	-		0	0	-	-	-	-	-			-	-		0	0	0	100
IDB084	Kerupuk udang goreng	KZGMI-2001	4.4	477	4.7	20.5	68.5	5	1.9	24	188	0.9	449	109	0.1	0.2	-	-	-	0.2	0	0.9			0	
IDB085	Kue bangket	KZGMI-2001	16.1	338	1.5	1.2	80.3	-	0.9	34	35	0.3	67	0	0.2	0.2	0	0	0	0.3	0	0			0	
IDB086	Kue putu singkong	KZGMI-2001	44.2	217	1.2	0.5	53.2	2.4	0.9	48	68	1.5	3	105	-	-	-	0	0	0.1	1	0.8			-	
IDB087	Lanting getuk	KZGPI -1990	4.2	422	0.9	10.8	80.4	1.4	3.8	206	104	3.6	-	-	-	-	0	-	0	0.43	-	-			0	
IDB088	Ongol-ongol sagu	KZGPI -1990	75.3	111	0.3	2.7	21.2	0.3	0.5	79	15	1.7	-	-	-	-	0	-	0	0.06	-	-			0	
IDB089	Sagu forno	KZGMI-2001	31.5	291	0.5	4	63.4	-	0.6	10	20	0.8	40	50	0.1	0.2	0	0	0	-	-	-			0	
IDB090	Sagu manis	KZGMI-2001	32.6	287	0.5	3.9	62.4	-	0.6	8	17	0.7	34	42	0.1	0.2	0	0	0	-	-	-			0	
IDB091	Sagu sinole	KZGMI-2001	22	354	0.8	8.3	68.9	-	0.1	10	30	0.8	30	11	0.2	0.3	0	0	0	-	-	-			0	
IDB092	Serimping talas kebumen	KZGPI -1990	4.8	478	2.5	21.2	69.2	1.7	2.3	123	118	2.3	-	-	-	-	0	-	0	0.25	-	-			0	
IDB093	Uli batatas	KZGMI-2001	66.5	150	1.1	4	27.4	-	1	+/-	23	0.1	6	112	0.1	0.2	0	0	0	0.53	0	1.3			0	
IDB094	Vermicelli	DKBM-1981	11.7	363	8.7	0.4	78.7	-	-	20	80	0.3	-	-	-	-	-	-	-	-	-	-	Ø	(0.10)	0	100

C. KACANG-KACANGAN DAN HASIL OLAHNYA

Kode	NAMA BAHAN MENTAH, MASAK	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																							
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	β KROTEN	KAROTEN TOTAL	TIAMIN	RIBOFLAVIN	NIASIN	Nilai Vit.A	Vit. B1	Vit. C.	b.d.d
			g	kkal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	ug	ug	ug	ug	mg	mg	mg	S.I.	mg	mg	%
IDC001	Biji mente	DKBM-1981	5.9	562	21.2	49.6	23.6	-	-	50	450	5.0	-	-	-	-	-	-	-	-	-	-	100	(0.20)	0	100
IDC002	Biji mente goreng	KZGPI -1990	1	629	20.4	56.3	19.8	1.1	2.5	502	493	8	-	-	-	-	-	-	-	-	-	-			-	
IDC003	Biji nangka	DKBM-1981	57.7	165	4.2	0.1	36.7	-	-	33	(200)	1	-	-	-	-	-	-	-	-	-	-	0	0.20	10	75
IDC004	Kacang arab	DKBM-1981	11.6	330	23.8	1.4	60.2	-	3	57	388	4.7	-	-	-	-	-	-	140	0.77	-	-			2	
IDC005	Kacang babi	KZGPI -1990	11.6	341	30.4	3.2	51.3	4.5	3.5	178	521	6.8	-	-	-	-	-	-	87	0.23	-	-			-	
IDC006	Kacang belimbing (kecipir)	KZGPI -1990	10.4	400	34.4	16.9	34.1	10.7	4.2	468	182	6.8	-	-	-	-	-	-	-	0.3	-	-			-	
IDC007	Kacang belimbing rebus	KZGPI -1990	55.6	204	16.9	8.8	17.5	4.8	1.2	230	180	3.3	-	-	-	-	-	-	-	0.2	-	-			-	
IDC008	Kacang beracun	KZGMI-2001	72.1	118	4.4	1.5	21.6	-	0.4	50	50	1.7	10	40	0.3	1	-	-	-	0.43	-	-			-	
IDC009	Kacang bogor	DKBM-1981	10.0	370	16.0	6.0	65.0	-	-	85	264	4.2	-	-	-	-	-	-	-	-	-	-	0	0.18	0	100
IDC010	Kacang bogor goreng	KZGPI -1990	3	479	12.7	23.2	58.9	1.2	2.2	135	184	2.9	-	-	-	-	-	-	-	-	-	-			-	
IDC011	Kacang bogor kering	DABM-1964	10	270	16	6	65	-	3	85	264	4.2	-	-	-	-	0	-	-	0.18	-	-			0	
IDC012	Kacang bogor rebus	KZGPI -1990	61.2	161	7.7	2.8	27.1	2	1.2	56	134	1.4	-	-	-	-	-	-	-	-	-	-			-	
IDC013	Kacang bogor segar	KZGPI -1990	60.8	165	7.7	3.1	27.4	2.5	1	96	126	5.3	-	-	-	-	-	-	-	-	-	-			-	
IDC014	Kacang endel, biji	DKBM-1981	14.0	331	25.0	1.0	58.0	-	-	(80)	(400)	(5.0)	-	-	-	-	-	-	-	-	-	-	0	0.30	9	(95)
IDC015	Kacang ercis	KZGMI-2001	67.6	129	12.4	0.7	18.3	28.6	1	40	130	2.3	4	310	0.3	2.1	-	212	-	0.29	0.05	-			-	
IDC016	Kacang merah (kacang galling)	DKBM-1981	12.0	336	23.1	1.7	59.5	-	-	80	400	5.0	-	-	-	-	-	-	-	-	-	-	0	0.60	0	(95)
IDC017	Kacang gude, biji	DKBM-1981	12.2	336	20.7	1.4	62.0	-	-	12.5	(275)	4.0	-	-	-	-	-	-	-	-	-	-	150	0.48	5	100
IDC018	Kacang gude, biji muda	DKBM-1981	70.3	114	7	0.6	20.8	-	-	3.2	122	1.5	-	-	-	-	-	-	-	-	-	-	70	0.7	43	(100)
IDC019	Kacang gude rebus	KZGPI -1990	61.5	147	9	0.5	27.5	3.4	1.5	50	175	2	-	-	-	-	-	-	-	0.1	-	-			-	
IDC020	Kacang hijau	DKBM-1981	10.0	345	22.2	1.2	62.9	-	-	125	(320)	6.7	-	-	-	-	-	-	-	-	-	-	157	0.64	6	100
IDC021	Kacang hijau rebus	KZGPI -1990	71.3	109	8.7	0.5	18.3	1.5	1.23.1	95	149	1.5	-	-	-	-	-	-	120	0.12	-	-			3	
IDC022	Kacang hijau var.bakti	KZGPI -1990	7.4	350	17.1	1.8	70.7	5.7	3.7	94	315	4.9	-	-	-	-	-	-	235	0.4	-	-			11	
IDC023	Kacang hijau var.siwalik	KZGPI -1990	8.8	339	20.8	2.1	64.6	7.4	3.1	122	136	4.9	-	-	-	-	-	-	321	0.45	-	-			9	
IDC024	Kacang hitam	KZGMI-2001	12.5	346	16.6	1.7	66.1	22.8	0.9	70	300	4.7	3	0	0.9	3.5	-	-	-	0.16	0.1	-			-	
IDC025	Kacang kapri segar	DABM-1964	74.3	98	6.7	0.4	17.7	-	5.5	22	122	1.9	-	-	-	-	-	-	680	0.34	-	-			26	
IDC026	Kacang kedelai	KZGPI -1990	12.7	381	40.4	16.7	24.9	3.2	-	222	682	1.0	-	-	-	-	-	-	31	0.52	0.12	1.2			-	
IDC027	Kacang kedelai basah	DKBM-1981	20.0	286	30.2	15.6	30.1	-	-	196	(506)	6.9	-	-	-	-	-	-	-	-	-	-	95	0.93	Ø	100
IDC028	Kacang kedelai kering	DKBM-1981	7.5	331	34.9	18.1	34.8	-		227	585	8.0	-	-	-	-	-	-	-	-	-	-	110	1.07	Ø	100

C. KACANG-KACANGAN DAN HASIL OLAHNYA

Kode	NAMA BAHAN MENTAH, MASAK	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																							
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	β KROTEN	KAROTEN TOTAL	TIAMIN	RIBOFLAVIN	NIASIN	Nilai Vit.A	Vit. B1	Vit. C.	b.d.d
			g	kkal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	ug	ug	ug	ug	mg	mg	mg	S.I.	mg	mg	%
IDC029	Kacang kedelai rebus	KZGPI -1990	56.8	189	20.2	8.2	12.7	1.6	2.1	91	270	3.9	-	-	-	-	-	-	15	0.2	-	-				
IDC030	Kacang kincai	KZGMI-2001	42	444	19.9	1.6	55	-	4.9	26	-	-	-	-	-	-	-	-	-	0.1	0.1	1.9				
IDC031	Kacang komak	KZGMI-2001	20.9	327	16.4	4.3	55.8	-	2.6	74	282	4	22	1137	0.9	2.1	-	9	-	-	-	0.1				
IDC032	Kacang kuning	KZGMI-2001	11.7	355	17	2.5	66	15.1	2.8	140	220	5.8	1	0	0.7	3.2	-	-	-	0.47	0.08	-.				
IDC033	kacang lebui/iris	KZGMI-2001	11.8	346	16.5	1.5	66.6	37.3	3.6	144	368	3.4	17	1225	1.5	3.3	-	64	-	-	-	+/-				
IDC034	Kacang mentega	KZGMI-2001	13.7	344	16.7	2.1	64.6	1.3	2.9	110	300	6.7	1	10	0.7	2.5	-	-	-	0.21	0.07	-				
IDC035	Kacang merah/banda	KZGMI-2001	13	350	13.9	3	66.9	26.3	3.2	84	242	6.8	19	1127	0	42	-	137	-	0.15	-	0.3				
IDC036	Kacang merah kering	KZGPI -1990	17.7	314	22.1	1.1	66.2	4	2.9	502	429	10.3	-	-	-	-	-	-	-	0.40	-	-				
IDC037	Kacang merah kering rebus	KZGPI -1990	59.6	158	10.3	0.9	28.2	2.6	1	160	149	3.7	-	-	-	-	-	-	-	0.20	-	-				
IDC038	Kacang merah segar	KZGPI -1990	57.2	171	11	2.2	28	2.1	1.7	293	134	3.7	-	-	-	-	-	-	10	0.15	-	-				
IDC039	Kacang merah segar rebus	KZGPI -1990	63.1	144	10	1	24.7	3.5	1.2	144	150	2.8	-	-	-	-	-	-	-	0.1	-	-				
IDC040	Kacang merah tua	KZGPI -1990	12.3	280	16.7	16	63.2	4.6	6.2	209	335	6.4	-	-	-	-	-	-	-	0.1	0.08	2				
IDC041	Kacang panjang biji	DKBM-1981	12.2	357	17.3	1.5	70.0	-	-	163	437	6.9	-	-	-	-	-	-	-	-	-	-	0	0.57	2	100
IDC042	Kacang tanah	KZGPI -1990	96	525	27.9	42.7	17.4	2.4	2.4	316	456	5.7	-	-	-	-	-	-	30	0.44	-	-				
IDC043	Kacang tanah terkelupas dengan selaput	DKBM-1981	4.0	452	25.3	42.8	21.1	-	-	58	335	1.3	-	-	-	-	-	-	-	-	-	-	0	0.30	3	100
IDC044	Kacang tanah goreng	KZGPI -1990	25	564	25.5	44.4	25.5	2.8	2.8	166	390	4.1	-	-	-	-	-	-	-	0.4	-	-				
IDC045	Kacang tanah rebus	KZGPI -1990	62.1	220	10.6	18	8	1	1.3	89	273	1.9	-	-	-	-	0	-	-	0.1	-	-				
IDC046	Kacang tanah rebus dengan kulit	DKBM-1981	40.2	360	13.5	31.2	12.8	-	-	42	177	1.4	-	-	-	-	-	-	-	-	-	-	0	0.44	5	43
IDC047	Kacang tanah sangan	KZGPI -1990	12	560	26.5	43	24.1	2.9	2.2	107	366	4.1	-	-	-	-	0	-	-	0.31	-	-				
IDC048	Kacang tanah sangan tanpa selaput	DKBM-1981	2.6	559	26.9	44.2	23.6	-	-	74	393	1.9	-	-	-	-	-	-	-	-	-	-	0	0.30	0	100
IDC049	Kacang tolo/tunggak	DKBM-1981	11.0	342	22.9	1.4	61.6	-	-	77	449	6.5	-	-	-	-	-	-	-	-	-	-	30	0.92	2	100
IDC050	Kacang tolo rebus	KZGPI -1990	64.4	138	10.7	1.1	22.6	0.9	1.2	165	172	4	-	-	-	-	-	-	-	0.01	-	-				
IDC051	Kacang tunis	KZGMI-2001	10.5	351	12.2	1.2	72.9	29.5	3.2	120	220	6.9	1	0	1.4	2.9	-	-	-	0.57	0.13	-				
IDC052	Kacang uci	KZGPI -1990	99	358	23.4	2.4	60.6	7.4	3.7	269	264	5		-	-	-	-	-	-	0.1	-	-				
IDC053	Karang urei	KZGMI-2001	12.8	354	12.8	1.8	69.3	26.1	3.3	220	220	5.1	1	0	0.7	3.1	-	-	-	0.55	0.05	-				
IDC054	Kalapa hutan	KZGPI -1990	6	628	2	52.1	36.5	15.3	3.4	120	280	3.8	100	460	1.7	1.9	-	-	-	-	-	0.2				
IDC055	Kelapa muda, air	DKBM-1981	95.5	17	0.2	0.1	3.8	-	-	15	8	0.2	-	-	-	-	-	-	-	-	-	-	0	Ø	1	100
IDC056	Kelapa muda, daging	DKBM-1981	83.3	68	1.0	0.9	14.0	-	-	7	(30)	1.0	-	-	-	-	-	-	-	-	-	-	0	0.06	4	53

C. KACANG-KACANGAN DAN HASIL OLAHNYA

Kode	NAMA BAHAN MENTAH, MASAK	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																							
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	β KROTEN	KAROTEN TOTAL	TIAMIN	RIBOFLAVIN	NIASIN	Nilai Vit.A	Vit. B1	Vit. C.	b.d.d
			g	kkal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	ug	ug	ug	ug	mg	mg	mg	S.I.	mg	mg	%
IDC057	Kelapa setengah tua, daging	DKBM-1981	70.0	180	4.0	15.0	10.0	-	-	8	(55)	1.3	-	-	-	-	-	-	-	-	-	-	10	0.05	4	53
IDC058	Kelapa tua, daging	DKBM-1981	46.9	359	3.4	34.7	14.0	-	-	21	98	2.0	-	-	-	-	-	-	-	-	-	-	0	0.10	2	53
IDC059	Kenari	DKBM-1981	3.0	657	15.0	66.0	13.0	-	-	92	691	7.7	-	-	-	-	-	-	-	-	-	-	0	0.42	0	100
IDC060	Kenari banda	KZGMI-2001	13	616	13.9	56.2	13.7	-	3.2	+/-	380	1.4	11	460	1.1	3.2	-	90	-	-	-	-			-	
IDC061	Kemiri	DKBM-1981	7.0	636	19.0	63.0	8.0	-	-	(80)	(200)	2.0	-	-	-	-	-	-	-	-	-	-	0	0.06	0	100
IDC062	Ketumbar	DKBM-1981	11.2	404	14.1	16.1	54.2	-	-	630	370	17.9	-	-	-	-	-	-	-	-	-	-	1570	(0.20)	0	100
IDC063	Kecipir, biji	DKBM-1981	9.7	405	32.8	17.0	36.5	-	-	(80)	(200)	(2.0)	-	-	-	-	-	-	-	-	-	-	0	(0.03)	0	100
IDC064	Kluwak	DKBM-1981	51.0	273	10.0	24.0	13.5	-	-	(40)	(100)	(2)	-	-	-	-	-	-	-	-	-	-	0	0.15	30	(80)
IDC065	Pala biji	DKBM-1981	14.3	494	7.5	36.4	40.1	-	-	120	240	4.6	-	-	-	-	-	-	-	-	-	-	Ø	(0.20)	0	(95)
IDC066	Pete segar	DKBM-1981	60.5	142	10.4	2.0	22.0	-	-	95	115	1.2	-	-	-	-	-	-	-	-	-	-	200	0.17	36	36
IDC067	Komak polong	KZGMI-2001	74.3	99	3.3	0.1	21.2	10.3	1.1	50	99	13.1	15	567	0.2	0.6	-	5	-	-	-	0.2			-	
IDC068	Koro andong	KZGPI -1990	10.8	356	20.5	4.1	61.6	7	3	150	272	2	-	-	-	-	-	-	-	0.29	-	-			1	
IDC069	Koro benguk, biji	DKBM-1981	15.0	332	24.0	3.0	55.0	-	-	130	(200)	(2)	-	-	-	-	-	-	-	-	-	-	70	0.30	0	(95)
IDC070	Koro kerupuk, biji	DKBM-1981	67.2	125	8.3	0.7	22.1	-	-	17	12	2.7	-	-	-	-	-	-	-	-	-	-	80	0.11	31	68
IDC071	Koro loke, biji	DKBM-1981	88.6	33	2.7	0.2	7.9	-	-	60	40	2.0	-	-	-	-	-	-	-	-	-	-	40	(0.10)	0	(95)
IDC072	Koro roay	KZGPI -1990	13	344	12.5	2.1	69.4	7.5	3	70	103	4.4	-	-	-	-	-	-	28	0.11	-	-			1	
IDC073	Koro wedus, biji	DKBM-1981	11.8	338	22.2	1.5	61.0	-	-	88	395	3.5	-	-	-	-	-	-	-	-	-	-	0	0.62	0	100
IDC074	Lamtoro biji tua	DKBM-1981	61.4	148	10.6	(0.5)	26.2	-	-	155	59	2.2	-	-	-	-	-	-	-	-	-	-	416	0.23	20	100
IDC075	Lamtoro biji muda	DKBM-1981	77.4	85	5.7	(0.3)	15.4	-	-	180	53	2.7	-	-	-	-	-	-	-	-	-	-	423	0.08	15	100
IDC076	Lamtoro var.gung tanpa kulit	KZGPI -1990	10.2	367	46.4	5.4	32.5	2.6	4.4	186	441	23.3	-	-	-	-	-	-	18900	0.06	-	1			9.3	
IDC077	Lamtoro var.lokal dgn kulit	KZGPI -1990	13.5	336	23.8	1.2	59.7	15.4	1.8	867	321	1.5	-	-	-	-	-	-	321	0.15	-	0.9			16	
IDC078	Saga merah terkupas	KZGPI -1990	81	449	30.6	25.5	31.9	3.5	3.9	1062	161	14.2	-	-	-	-	-	-	107	0.09	-	-			7	
IDC079	Wijen	DKBM-1981	5.8	568	19.3	51.1	18.1	-	-	1125	614	9.5	-	-	-	-	-	-	-	-	-	-	(Ø)	0.93	0	100
	Terolah, produk																									
IDC080	Ampas kacang hijau	KZGPI -1990	70.6	96	3.7	0.6	19.1	2.7	0.6	133	150	1.3	-	-	-	-	-	-	-	0.05	-	-			-	
IDC081	Ampas tahu	DKBM-1981	9.0	414	26.6	18.3	41.3	-	-	19	29	(4.0)	-	-	-	-	-	-	-	-	-	-			-	
IDC082	Ampas tahu, kering	DABM-1964	9	41	26.6	18.3	41.3		5.8	19	29	4	-	-	-	-	0	0	-	0.2	-	-			0	
IDC083	Ampas tahu kukus	KZGPI -1990	82.5	75	4.1	2.1	10.7	5.1	0.6	203	60	1.3	-	-	-	-	-	-	-	0.07	-	-			-	
IDC084	Bungkil biji karet	DKBM-1981	12.0	333	29.3	3.3	50.0	-	-	102	660	12.0	-	-	-	-	-	-	-	-	-	-	0	0.10	0	100

C. KACANG-KACANGAN DAN HASIL OLAHNYA

Kode	NAMA BAHAN MENTAH, MASAK	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																							
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	β KROTEN	KAROTEN TOTAL	TIAMIN	RIBOFLAVIN	NIASIN	Nilai Vit.A	Vit. B1	Vit. C.	b.d.d
			g	kkal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	ug	ug	ug	ug	mg	mg	mg	S.I.	mg	mg	%
IDC085	Bungkil kacang tanah	DKBM-1981	14.0	336	37.4	13.0	30.5	-	-	730	470	30.7	-	-	-	-	-	-	-	-	-	-	0	0.04	Ø	100
IDC086	Bungkil kelapa	DKBM-1981	16.0	368	23.0	15.0	40.0	-	-	137	433	41.5	-	-	-	-	-	-	-	-	-	-	0	0	Ø	100
IDC087	Emping (kerupuk melinjo)	DKBM-1981	13.0	345	12.0	1.5	71.5	-	-	(100)	(400)	(5.0)	-	-	-	-	-	-	-	-	-	-	0	(0.20)	0	100
IDC088	Jengkol	DKBM-1981	93.0	20	3.5	0.1	3.1	-	-	21	25	0.7	-	-	-	-	-	-	-	-	-	-	240	0.10	(12)	90
IDC089	Emping komak	KZGMI-2001	14.2	355	17.8	4.6	60.7	-	2.7	87	304	4.3	24	1233	1	2.3	-	0	-	-	-	0.6				
IDC090	Kecap	DKBM-1981	63.0	46	5.7	1.3	9.0	-	-	123	96	5.7	-	-		-		-	-	-	-	-	0	0	0	100
IDC091	Kacang atom	KZGPI -1990	3.1	533	27.8	38.1	28.8	2.5	2.2	87	423	3	-	-	-	-	-	-	0	0.06	-	-				
IDC092	Kacang goyang	KZGMI-2001	8.3	516	14.7	31.1	44.4	-	1.5	34	230	0.7	2	365	0.6	1.7	-	-	-	-	-	-				
IDC093	Kacang negara	KZGMI-2001	3.1	480	18.4	19.1	58.5	-	0.9	34	404	10.3	1010	385	2.5	7.1	-	-	-	0.63	0.05	-				
IDC094	Kacang sukro	KZGPI -1990	4.7	484	8.8	26.1	57.7	1.8	2.7	49	194	2.5	-	-	-	-	-	-	0	0.06	-	-				
IDC095	Kacang tanah sari	KZGPI -1990	2.1	561	25.5	43.8	26	2.2	2.6	50	324	3.1	-	-	-	-	-	-	0	0.08	-	-				
IDC096	Keju kacang tanah (peanut butter)	DKBM-1981	3.0	590	27.0	49.0	20.9	-	-	60	360	2.0	-	-	-	-	-	-	-	-	-	-	0	0.30	0	100
IDC097	Kembang tahu	KZGPI -1990	10.8	380	48.9	13.8	23.3	-	3.2	378	781	-	-	-	-	-	-	-	-	-	-	-				
IDC098	Kembang tahu rebus	KZGPI -1990	79.8	90	10.7	4	47	-	0.8	85	-	-	-	-	-	-	-	-	-	-	-	-				
IDC099	Kwaci	DKBM-1981	9.9	515	30.6	42.1	13.8	-	-	54	312	6.2	-	-	-	-	-	-	-	-	-	-	0	0.02	0	35
IDC100	Oncom	DKBM-1981	57.0	187	13.0	(6)	22.6	-.	-	96	115	27.0	-	-	-	-	-	-	-	-	-	-	0	0.09	0	100
IDC101	Oncom ampas kacang hijau	KZGPI -1990	13.4	376	14.9	6	65.7	12.3	1.7	199	110	10.9	-	-	-	-	-	-	-	0.03	-	-				
IDC102	Oncom kacang hijau																									
IDC103	Singkong	KZGPI -1990	16.5	351	11	5.3	65.9	9	1.3	164	113	7.8	-	-	-	-	-	-	-	0.01	-					
IDC104	Oncom kacang tanah																									
IDC105	Pepes	KZGPI -1990	65	132	12.7	3.8	13.7	3.1	4.8	133	355	34.4	-	-	-	-	-	-	10	0.08	0.2	0.7				
IDC106	Santan murni	DKBM-1981	54.9	324	4.2	34.3	5.6	-	-	14	(45)	1.9	-	-	-	-	-	-	-	-	-	-	0	0.02	2	100
IDC107	Santan (dengan air)	DKBM-1981	80.0	122	2.0	10.0	7.6	-	-	25	30	0.1	-	-	-	-	-	-	-	-	-	-	0	Ø	(2)	100
IDC108	Saridele, bubuk	DKBM-1981	3.0	344	30.0	20.0	43.0	-	-	450	500	4.0	-	-	-	-	-	-	-	-	-	-	2000	0.70	10	100
IDC109	Susu kedelai	DKBM-1981	87.0	41	3.5	2.5	5.0	-	-	50	45	0.7	-	-	-	-	-	-	-	-	-	-	200	0.08	2	100
IDC110	Tahu	DKBM-1981	84.8	68	7.8	4.6	1.6	-	-	124	63	0.8	-	-	-	-	-	-	-	-	-	-	0	0.06	0	100
IDC111	Tahu goreng	KZGPI -1990	77.3	115	9.7	3.5	2.5	0.1	2	229	200	4.1	-	-	-	-	-	-	0	0.01	-	-				
IDC112	Tahu telur	KZGMS -1993	41.8	328	12.6	19.9	24.6	0.4	1.1	492	238	4.9	755.4	-	-	-	73	-	1860	0.42	-	-				
IDC113	Taokoa	DKBM-1981	78.0	104	12.9	6.8	1.2	-	-	153	119	1.7	-	-	-	-	-	-	-	-	-	-	0	0.05	0	100
IDC114	Tauco	DKBM-1981	64.4	166	10.4	4.9	24.1	-	-	55	365	1.3	-	-	-	-	-	-	-	-	-	-	23	0.05	0	100
IDC115	Tauco cap beruang, cake	KZGPI -1990	11.4	347	7.4	5.2	67.6	3.2	8.4	63	106	6.2	-	-	-	-	-	-	936	0.35	-	-				
IDC116	Tauco cap DAS, cake	KZGPI -1990	10.2	358	7.5	4.3	70.4	3.1	7.6	94	94	4.5	-	-	-	-	-	-	504	0.29	-	-				
IDC117	Tauco cap meong	KZGPI -1990	59.7	159	7.4	4.9	21.3	1.6	6.7	183	84	10.1	-	-	-	-	-	-	472	0.46	-	-				
IDC118	Tauji cap singa	KZGPI -1990	30.4	277	9.1	4.7	49.6	1.2	6.2	68	106	3	-	-	-	-	-	-	936	0.15	-	-				
IDC119	Tempe bongkrek	DKBM-1981	72.5	119	4.4	3.5	18.3	-	-	(27)	(100)	2.6	-	-	-	-	-	-	-	-	-	-	0	0.08	0	100
IDC120	Tempe gembus P3G	KZGPI -1990	81.9	73	5.7	1.3	10.3	4.2	0.8	204	80	1.5	-	-	-	-	-	-	22	0.09	-	-			-	
IDC121	Tempe gembus yogya	KZGPI -1990	80.7	76	6.8	0.7	10.6	5.3	1.1	76	142	16.5	-	-	-	-	-	-	-	0.79	0.01	0.1			-	
IDC122	Tempe kacan babi	KZGPI -1990	64	139	12.5	0.8	21.9	1.8	1.2	68	182	2.6	-	-	-	-	-	-	20	0.1	-	-			-	

C. KACANG-KACANGAN DAN HASIL OLAHNYA

Kode	NAMA BAHAN MENTAH, MASAK	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																							
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	β KROTEN	KAROTEN TOTAL	TIAMIN	RIBOFLAVIN	NIASIN	Nilai Vit.A	Vit. B1	Vit. C.	b.d.d
			g	kkal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	ug	ug	ug	ug	mg	mg	mg	S.I.	mg	mg	%
IDC123	Tempe kacang belimbing	KZGPI -1990	58.2	212	17.5	10	12.9	2.9	1.4	186	160	2.2	-	-	-	-	-	-	-	0.2	-	-			-	
IDC124	Tempe kedelai + jagung	KZGPI -1990	70.6	143	12	5.5	11.4	1.9	0.6	155	156	6.8	-	-	-	-	-	-	1320	0.33	0.15	1.2			-	
IDC125	Tempe koro benguk	DKBM-1981	64.0	141	10.2	1.3	23.2	-	-	42	(15)	2.6	-	-	-	-	-	-	-	-	-	-	0	0.09	0	100
IDC126	Tempe lamtoro	DKBM-1981	64.0	142	11.0	2.5	20.4	-	-	42	(15)	2.6	-	-	-	-	-	-	-	-	-	-	30	0.19	0	100
IDC127	Tempe var. gung dg kulit	KZGPI -1990	65.1	146	11.7	2.3	19.6	7.6	1.3	128	41	6.8	-	-	-	-	0	-	1370	0.19	-	1.4			-	
IDC128	Tempe var gung tanpa kulit	KZGPI -1990	67.1	131	18	0.8	13	1.3	1.1	95	154	12.4	-	-	-	-	-	-	3500	0.20	0.02	2.6			-	
IDC129	Tempe kedelai murni	DKBM-1981	64.0	149	18.3	4.0	12.7	-	-	129	154	10.0	-	-	-	-	-	-	-	-	-	-	(50)	0.17	0	100
IDC130	Tempe murni goreng	KZGPI -1990	36.8	350	24.5	26.6	10.4	4.2	1.8	202	296	4.9	-	-	-	-	-	-	78	0.24	-	-			0	
IDC131	Tempe pasar	KZGPI -1990	68.3	150	14	7.7	9.1	1.4	0.9	517	202	1.5	-	-	-	-	-	-	-	0.17	0.44	3.6			-	
IDC132	Tempe pasar goreng	KZGPI -1990	42.9	336	20	28	7.8	3.4	1.3	156	350	3	-	-	-	-	-	-	10	0.1	-	-			0	
IDC133	Tepung hunkwe (pati kacang ijo)	DKBM-1981	10.0	364	4.5	1.0	83.5	-	-	(50)	(100)	(1.0)	-	-	-	-	-	-	-	-	-	-	0	0	0	100
IDC134	Tepung kacang kedelai	DKBM-1981	9.0	347	35.9	20.6	29.9	-	-	195	544	8.4	-	-	-	-	-	-	-	-	-	-	140	0.77	0	100
	Masakan																									
IDC135	Ampas tahu, oncom pepes	KZGPI-1990	80.9	76	5.2	1.8	10.6	2.2	1.5	215	66	12.5	-	-	-	-	-	-	268	0.11	-	-			-	
IDC136	Batar daan	KZGMI -2001	75.3	107	2.2	2.2	19.6	-	0.7	20	30	0.6	200	90	0.1	+/-	-	-	-	0.18	-	-			-	
IDC137	Enting-enting gepuk helo kity	KZGPI -1990	2.4	538	13.6	30.3	52.6	0.2	1	81	248	1.6	-	-	-	-	0	-	202	1	-	-			0	
IDC138	Enting-enting gepung kacang tanah	KZGPI -1990	4.2	524	13.3	29.2	52	0.2	1.4	76	248	1.4	-	-	-	-	0	-	272	0.62	-	-			0	
IDC139	Enting-enting wijen	KZGPI -1990	3.7	565	18.2	38.4	36.8	1.9	3	251	502	10.9	-	-	-	-	0	-	240	0.92	-	-			0	
IDC140	Keripik oncom	KZGPI -1990	3	598	8.3	43.8	42.6	3.3	2.2	85	153	2.7	-	-	-	-	-	-	1608	1.13	-	-			0	
IDC141	Keripik tempe	KZGPI -1990	3.3	581	12.1	40.6	41.7	2.2	2.3	237	116	6.9	-	-	-	-	-	-	320	0.35	-	-			0	
IDC142	Keripik tempe abadi besar	KZGPI -1990	4.5	556	15.8	37.1	39.8	3.5	2.8	112	215	5.4	-	-	-	-	-	-	0	0.63	-	-			0	
IDC143	Keripik tempe abadi murni	KZGPI -1990	3.2	542	40.3	42.4	11.6	2.2	27	175	529	5.2	-	-	-	-	-	-	50	0.1	-	-			0	
IDC144	Keripik tempe abadi prima	KZGPI -1990	4.8	540	16.7	33.9	42	2.2	2.6	92	184	3.2	-	-	-	-	-	-	1080	0.38	-	-				
IDC145	Keripik tempe abadi sedang	KZGPI -1990	4.4	510	12.3	27.9	52.4	3.6	3.1	122	211	8.4	-	-	-	-	-	-	0	0.52	-	-				
IDC146	Keripik tempe abadi telur	KZGPI -1990	4.5	529	20.8	31.7	40.2	3	2.9	124	222	5.4	-	-	-	-	-	-	0	0.86	-	-				
IDC147	Kue kelapa	KZGMI -2001	3.3	591	5.6	42.1	47.5	-	1.5	32	180	1.6	33	443	0.5	1.1		-	-	-	-	-				
IDC148	Kue koa melinjo emping tebal	KZGMI -2001	14.5	340	4.8	0.4	79.3	-	1	-	-	-	-	-	-	-		-	-	-	-	-				
IDC149	Goreng asin melinjo emping tebal	KZGPI -1990	8	431	11.1	16.2	63	-	1.6	77	-	-	-	-	-	-	-	-	0	0.08	-	--				
IDC150	Goreng manis	KZGPI -1990	5.6	439	10	16.4	65.7	-	2.3	66	225	-	-	-	-	-	-	-	0	0.1	-	-				
IDC151	Melinjo emping tipis goreng	KZGPI -1990	3.3	485	11.5	24.5	59.1	-	1.5	85	218	-	-	-	-	-	-	-	0	0.11	-	-				
IDC152	Moon tahu	KZGMS-1993	79.9	128	8	10	1.3	0.2	0.8	205	92	2.5	392.5	-	-	-	131	-	5300	0.46	-	-				
IDC153	Rempeyek kacang tanah	KZGPI -1990	3.9	513	17.5	32.5	44.3	1.7	1.8	65	202	2.6	-	-	-	-	-	-	0	0.1	-	-				
IDC154	Rempeyek kacang tolo	KZGPI -1990	6.1	451	11.2	20.2	59.7	1.8	2.8	156	221	4.6	-	-	-	-	-	-	0	0.02	-	-				
IDC155	Rempeyek kacang uci	KZGPI -1990	4	497	17	27.6	50.8	2.4	3.4	166	89	6.7	-	-	-	-	-	-	0	0.05	-	-				
IDC156	Sayur lebui	KZGMI -2001	83.9	64	2.1	0.6	12.5	5.7	0.9	21	2	1	124	146	0.2	0.7	-	14	-	-	+/-	0.1				

D. SAYUR-SAYURAN DAN HASIL OLAHNYA

Kode	NAMA BAHAN MENTAH, MASAK	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																							
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	β KROTEN	KAROTEN TOTAL	TIAMIN	RIBOFLAVIN	NIASIN	Nilai Vit.A	Vit. B1	Vit. C.	b.d.d
			g	kkal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	ug	ug	ug	ug	mg	mg	mg	S.I.	mg	mg	%
IDD001	Akar tonjong	KZGPI -1990	86.7	45	1.1	0.4	10.8	1.2	1	72	125	1.3	-	-	-	-	0	-	90	0.02	-	-			1.8	
IDD002	Ale, toge	KZGPI -1990	90.6	37	4.4	0.5	3.8	1.7	0.7	50	248	2	-	-	-	-	0	-	35	0.02	-	-			46	
IDD003	Andaliman	KZGPI -1990	74.2	99	4.6	1	18	8.5	2.2	383	107	2.9	-	-	-	-	0	-	6300	3	-	-			14.7	
IDD004	Andewi	DKBM-1981	91.8	25	1.6	0.2	5.3	-	-	33	66	1.0	-	-	-	-	-	-	-	-	-	-	Ø	0.14	10	80
IDD005	Bakung	KZGMI -2001	92.5	27	2	0.2	4.2	3.8	1.1	19	20	0.5	37	340	0.2	0.3	-	1080	-	0.2	0.1	0.3			42	
IDD006	Baligo	DKBM-1981	96.1	13	0.4	0.2	3.0	-	-	19	19	0.4	-	-	-	-	-	-	-	-	-	-	0	0.04	13	69
IDD007	Bawang Bombay	DKBM-1981	87.5	45	1.4	0.2	10.3	-	-	32	44	0.5	-	-	-	-	-	-	-	-	-	-	50	0.03	9	94
IDD008	Bawang merah	DKBM-1981	88.0	39	1.5	0.3	0.2	-	-	36	40	0.8	-	-	-	-	-	-	-	-	-	-	0	0.03	2	90
IDD009	Bawang putih	DKBM-1981	71.0	95	4.5	0.2	23.1	-	-	42	134	1.0	-	-	-	-	-	-	-	-	-	-	Ø	0.22	15	88
IDD010	Bayam	DKBM-1981	86.9	36	3.5	0.5	6.5	-	-	267	67	3.9	-	-	-	-	-	-	-	-	-	-	6090	0.08	80	71
IDD011	bayam kukus	KZGPI -1990	90.7	30	1.3	0.7	5.8	1.2	1.6	239	35	5.7	-	-	-	-	0	-	3750	0.02	-	-			32	
IDD012	Bayam merah	DKBM-1981	82.0	51	4.6	0.5	10.0	-	-	368	111	2.2	-	-	-	-	-	-	-	-	-	-	5800	0.08	(80)	69
IDD013	Bayam rebus	KZGPI -1990	93.5	23	1.2	0.6	3.7	1.1	1	150	35	0.5	-	-	-	-	0	-	2864	0.02	-	-			19	
IDD014	Bengkuang	DKBM-1981	85.1	55	1.4	0.2	12.8	-	-	15	18	0.6	-	-	-	-	-	-	-	-	-	-	Ø	0.04	20	(84)
IDD015	Bit	DKBM-1981	87.6	42	1.6	0.1	9.6	-	-	27	43	1.0	-	-	-	-	-	-	-	-	-	-	20	0.02	10	75
IDD016	Boros kunci	DKBM-1981	90.0	23	1.0	0.8	7.2	-	-	(50)	(50)	(2)	-	-	-	-	-	-	-	-	-	-	(5000)	(0.08)	(50)	(80)
IDD017	Boros laja	DKBM-1981	93.0	22	1.0	0.3	4.7	-	-	(50)	(50)	(2)	-	-	-	-	-	-	-	-	-	-	(5000)	(0.08)	(50)	(80)
IDD018	buah kelor	KZGMI -2001	39.5	38	1.5	0.2	7.5	3.2	1.3	30	54	0	48	216	0	0.2	-	31	-	1	0.1	4.1			25	
IDD019	Buah merah	KZGMI -2001	81.2	87	2.6	2.7	13.1	4	0.4	30	1	1.1	110	140	0.1	0.3	0	0	-	15	0.1	0.2			15	
IDD020	Buncis	DKBM-1981	88.9	35	2.4	0.2	7.7	-	-	65	44	1.1	-	-	-	-	-	-	-	-	-	-	630	0.08	19	90
IDD021	Buncis rebus	KZGPI -1990	90.6	30	2.2	0.2	6.4	1.5	0.6	107	47	0.5	-	-	-	-	-	-	402	0.01	-	-			8	
IDD022	Bunga papaya	KZGPI -1990	87.3	45	2.6	0.3	8.1	1.6	1.7	290	113	4.2	-	-	-	-	-	-	5	0.01	-	-			23.3	
IDD023	Cabe hijau besar	DKBM-1981	93.4	23	0.7	0.3	5.2	-	-	14	23	0.4	-	-	-	-	-	-	-	-	-	-	260	0.05	84	82
IDD024	Cabe merah besar (kering)	DKBM-1981	10.0	311	15.9	6.2	61.8	-	-	160	370	2.3	-	-	-	-	-	-	-	-	-	-	576	(0.40)	50	(85)
IDD025	Cabe merah besar (segar)	DKBM-1981	90.9	31	1.0	0.3	7.3	-	-	29	24	0.5	-	-	-	-	-	-	-	-	-	-	470	0.05	18	85
IDD026	Cabe rawit (segar)	DKBM-1981	71.2	103	4.7	2.4	19.9	-	-	45	85	2.5	-	-	-	-	-	-	-	-	-	-	11050	0.24	70	85
IDD027	Caisin	KZGPI -1990	93.6	20	1.7	0.4	3.4	1.2	0.9	123	40	1.9	-	-	-	-	-	-	4188	0.04	-	-			3	
IDD028	Daun banun-bangun	KZGPI -1990	92.5	27	1.3	0.6	4	1	1.6	279	40	13.6	-	-	-	-		218.4	13288	0.16	0.1	0			5.1	
IDD029	Daun bawang	DKBM-1981	91.6	29	1.8	0.7	5.2	-	-	55	39	7.2	-	-	-	-	-	-	-	-	-	-	1365	0.09	37	67
IDD030	Daun bebuas	KZGPI-1990	87.9	41	2.7	1	7.3	2.1	1.1	29	245	1.5	-	-	-	-	0	-	3099	0.01	-	-			2.5	
IDD031	Daun balem	KZGPI-1990	84.6	50	4.4	1.4	7.8	1.9	1.8	698	151	7.5	-	-	-	-	0	0	13072	0.05	-	-			21	
IDD032	Daun bluntas	DKBM-1981	86.0	42	1.8	(0.5)	9.4	-	-	256	49	5.6	-	-	-	-	-	-	-	-	-	-	3980	0.02	(30)	(65)
IDD033	Daun gandaria	DKBM-1981	81.0	60	3.1	(0.3)	14.0	-	-	40	45	4.7	-	-	-	-	-	-	-	-	-	-	600	Ø	61	(65)
IDD034	Daun gedi besar	KZGMI -2001	84	58	2.8	0.7	10	3.3	2.4	440	100	1.9	30	40	0.2	2.1	-	-	-	0.4	0.5	-			11	
IDD035	Daun gedi kecil	KZGMI -2001	83.7	61	3.2	0.7	10.4	3.4	2	420	70	1.7	20	50	0.1	1.4	-	-	-	0.4	0.3	-			11	
IDD036	Daun gelang	KZGPI-1990	90.3	30	1.3	0.07	5.8	1.3	1.9	350	210	11.9	-	-	-	-	0	-	1954	0.01	-	-				
IDD037	Daun gunda bali	KZGPI -1990	86.4	50	4.6	0.9	7	1.4	1.1	167	62	0.5	-	-	-	-	0	-	6571	0.05	-	-				
IDD038	Daun gunda serang	KZGPI -1990	84.6	62	4.2	0.9	9.2	1.3	1.1	171	64	0.6	-	-	-	-	0	-	7347	0.02	-	-				

D. SAYUR-SAYURAN DAN HASIL OLAHNYA

Kode	NAMA BAHAN MENTAH, MASAK	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																							
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	β KROTEN	KAROTEN TOTAL	TIAMIN	RIBOFLAVIN	NIASIN	Nilai Vit.A	Vit. B1	Vit. C.	b.d.d
			g	kkal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	ug	ug	ug	ug	mg	mg	mg	S.I.	mg	mg	%
IDD039	Daun jambu mete muda	DKBM-1981	78.0	73	4.6	0.5	16.2	-	-	33	64	8.9	-	-	-	-	-	-	-	-	-	-	2689	Ø	65	(65)
IDD040	Daun jampang	KZGPI -1990	88.9	34	3.8	0.5	5.3	1.4	1.5	21	245	1	-	-	-	-	0	-	4357	0.03	-	-				
IDD041	Daun jawas seluang	KZGMI-2001	77.2	93	5	1.3	15.3	3.9	1.2	146	103	5.3	2	434	0.5	1.5	-	-	-	0.1	0.7	-				
IDD042	Daun jonghe	KZGPI -1990	91.4	27	2.1	0.7	4.4	2	1.4	253	192	9.5	-	-	-	-	0	-	5057	0.01	-	-				
IDD043	Daun kacang ma	KZGPI -1990	89.1	36	2.9	0.6	6.8	1.8	0.6	64	220	2.2	-	-	-	-	-	-	4377	0.04	-	-				
IDD044	Daun kacang panjang	DKBM-1981	88.3	34	4.1	0.4	5.8	-	-	134	145	6.2	-	-	-	-	-	-	-	-	-	-	5240	0.28	29	(65)
IDD045	Daun kacang panjang kukus	KZGPI -1990	87.2	40	3.7	0.3	8	1.8	0.8	111	66	3.7	-	-	-	-	0	-	5781	0.15	-	-				
IDD046	Daun kasbi singkong karet	KZGMI -2001	80.3	92	4	3.6	10.9	5.8	1.2	140	70	1.6	70	90	0.3	1.1	-	9999	-	0.1	0.2	0.1				
IDD047	Daun katuk	DKBM-1981	81.0	59	4.8	1.0	11.0	-	-	204	83	2.7	-	-	-	-	-	-	-	-	-	-	10370	0.10	239	(40)
IDD048	Daun katuk rebus	KZGPI -1990	83.3	53	5.3	0.9	9.1	1.2	1.4	185	102	3.1	-	-	-	-	0	-	-	0	-	-				
IDD049	Daun kecipir	DKBM-1981	85	47	5.0	0.5	8.5	-	-	(134)	(81)	6.2	-	-	-	-	-	-	-	-	-	-	(5240)	0.28	29	(70)
IDD050	Daun kedondong	DKBM-1981	81.0	59	3.5	(0.3)	13.4	-	-	540	82	6.2	-	-	-	-	-	-	-	-	-	-	2900	0.06	29	(65)
IDD051	Daun kelor	DKBM-1981	75.0	82	6.7	1.7	14.3	-	-	440	70	7.0	-	-	-	-	-	-	-	-	-	-	11300	0.21	220	(65)
IDD052	Daun kelor rebus	KZGPI -1990	80.3	61	6.1	0.9	10	0.9	2.6	255	36	2.1	-	-	-	-	-	-	-	0.1	-	-				
IDD053	Daun kemangi	DKBM-1981	85.0	43	5.5	(0.3)	7.5	-	-	35	106	1.0	-	-	-	-	-	-	-	-	-	-	1017	0.06	(30)	(65)
IDD054	Daun kesum	KZGPI -1990	84.8	48	4.5	0.8	9.1	1.6	0.8	125	142	2.6	-	-	-	-	0	-	8715	0.01	-	-				
IDD055	Daun kol sawi	KZGPI -1990	93.1	22	2.1	0.5	3.6	0.9	0.7	200	92	3.2	-	-	-	-	0	-	-	0.03	-	-				
IDD056	Daun koro	DKBM-1981	91.0	23	3.0	0.3	3.7	-	-	134	81	6.2	-	-	-	-	-	-	-	-	-	-	5240	0.28	29	(65)
IDD057	Daun kubis	KZGMI -2001	86.2	51	2.5	1.1	8	3.4	2.2	100	50	3.4	50	100	0.9	0.6	-	9999	-	0.4	0.1	0.2				
IDD058	Daun kumak	KZGPI -1990	95.2	14	1.3	0.3	2.3	0.9	0.9	90	59	2.7	-	-	-	-	-	-	-	0.01	-	-				
IDD059	Daun labu siam	DKBM-1981	89.7	60	4.0	0.4	4.7	-	-	58	(70)	2.5	-	-	-	-	-	-	-	-	-	-	2025	0.08	16	100
IDD060	Daun labu waluh	DKBM-1981	89.7	30	3.6	0.6	4.5	-	-	138	99	3.7	-	-	-	-	-	-	-	-	-	-	2750	0.14	36	(70)
IDD061	Daun lamtoro	KZGPI -1990	74	87	8.3	1.8	14.4	3.3	1.5	725	174	3.9	-	-	-	-	0	13040	13040	0	-	-				
IDD062	Daun leilem	KZGMI -2001	79.4	76	2.8	0.2	15.8	3.1	1.8	296	22	3.4	6	46	0.5	1.1	-	-	-	0.3	0.1	+/-				
IDD063	Daun leunca	DKBM-1981	85.0	45	4.7	0.5	8.1	-	-	210	(80)	6.1	-	-	-	-	-	-	-	0.14	-	-	1900	0.14	40	(70)
IDD064	Daun lobak	DKBM-1981	90.0	30	2.3	(0.4)	5.8	-	-	140	33	3.7	-	-	-	-	-	-	-	-	-	-	(1000)	0.07	109	(70)
IDD065	Daun lompong tales	DKBM-1981	87.2	40	3.0	0.8	7.4	-	-	76	59	1.0	-	-	-	-	-	-	-	-	-	-	(2000)	0.08	31	(75)
IDD066	Daun mangkokan	DKBM-1981	82.0	54	3.7	(0.3)	11.8	-	-	474	49	4.0	-	-	-	-	-	-	-	-	-	-	5450	0.06	83	(80)
IDD067	Daun matel ambon	KZGPI -1990	77.1	71	6.8	1.6	11.5	4.6	3	93	95	10.2	-	-	-	-	0	-	49	0.08	-	-			25.7	
IDD068	Daun melinjo	DKBM-1981	70.8	99	5.0	1.3	21.3	-	-	219	82	4.2	-	-	-	-	-	-	-	-	-	-	10000	0.09	182	88
IDD069	Daun mengkudu	KZGPI -1990	80.9	65	4	1.7	11.4	3.9	2	296	40	6.9	-	-	-	-	0	-	4958	0.01	-	-			35	
IDD070	Daun mengkudu kukus	KZGPI -1990	81.6	63	3.8	1.5	11.5	2.4	1.6	300	43	6	-	-	-	-	0	-	4900	0.08	-	-			11	
IDD071	Daun endusuk	KZGMI -2001	56	166	1.7	0.5	38.8	-	3	40	20	1.8	40	310	2	1	-	-	-	0.4	0.1	0.1			30	
IDD072	Daun oyong	DKBM-1981	93.0	22	1.0	0.1	5.3	-	-	21	44	(2.0)	-	-	-	-	-	-	-	-	-	-	(1000)	(0.08)	(150)	(65)
IDD073	Daun pakis	DKBM-1981	88.0	35	4.0	(0.3)	6.4	-	-	42	172	1.3	-	-	-	-	-	-	-	-	-	-	2881	Ø	(30)	(70)
IDD074	Daun pakis longgiho	KZGMI -2001	89.5	54	2.2	3.6	3.1	2.1	1.6	40	80	0.7	70	500	4	0	0	167.5	-	0.4	0.3	0.2			8	
IDD075	Daun pakis lambete	KZGMI -2001	86.9	53	3.4	1.2	7.2	4.8	1.3	30	100	0.3	20	200	2	0	-	191.2	-	0.7	0.2	0.3			6	
IDD076	Daun paku	KZGMI -2001	88.8	29	3.4	0.1	6.5	4.3	1.2	13	88	1.3	19	434	5	1	-	18	-	0.2	+/-	11.7			10	

D. SAYUR-SAYURAN DAN HASIL OLAHNYA

Kode	NAMA BAHAN MENTAH, MASAK	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																							
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	β KROTEN	KAROTEN TOTAL	TIAMIN	RIBOFLAVIN	NIASIN	Nilai Vit.A	Vit. B1	Vit. C.	b.d.d
			g	kkal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	ug	ug	ug	ug	mg	mg	mg	S.I.	mg	mg	%
IDD077	Daun pangi	KZGMI -2001	76.1	104	3.9	0.6	17.9	8.3	1.5	256	22	1.8	4	266	17	1	-	54.9	-	0.4	0.1	0.1			23	
IDD078	Daun pare	KZGMI -2001	87.3	49	2.7	1	8.4	3	1.6	217	70	3.3	7	498	4	1	-	1800	-	0.4	0.2	-			7	
IDD079	Daun papaya	DKBM-1981	75.4	79	8.0	2.0	11.9	-	-	353	63	0.8	-	-	-	-	-	-	-	-	-	-	18250	0.15	140	(71)
IDD080	Daun pete cina	DKBM-1981	67.0	128	12.0	6.5	12.4	-	-	1500	(100)	2.5	-	-	-	-	-	-	-	-	-	-	17800	0.04	64	(40)
IDD081	Daun pohpohan	KZGPI -1990	87.4	37	2.5	0.8	6.9	2.6	2.4	744	80	5.9	-	-	-	-	-	-	7378	0.03	-	-			5	
IDD082	Daun selasih	DABM-1964	83.1	62	4	0.5	10.5	5.3	1.9	122	16	13.9	3	259	4	1	0	4112	-	0.5	0.1	0.2			24	
IDD083	Daun semanggi	KZGPI -1990	84.7	45	4.4	0.5	8.5	1.9	1.9	98	90	7	-	-	-	-	0	-	3365	0.01	-	-			6	
IDD084	Daun simpur	KZGPI -1990	86.2	53	3.2	2.5	7.6	1.6	0.9	228	194	3.5	-	-	-	-	0	-	3346	0.02	-	-			4.5	
IDD085	Daun singkil	KZGPI -1990	80.9	68	2	1	15.2	3.3	0.9	178	86	2.1	-	-	-	-	0	-	6042	0.02	-	-			3.1	
IDD086	Daun singkong	DKBM-1981	77.2	73	6.8	1.2	13.0	-	-	165	54	2.0	-	-	-	-	-	-	-	-	-	-	11000	0.12	275	87
IDD087	Daun singkong ambon	DKBM-1981	58.0	131	12.7	(1.2)	25.2	-	-	(165)	(54)	3.9	-	-	-	-	-	-	-	-	-	-	13000	0.2	220	87
IDD088	Daun singkong ampenan	KZGMI -2001	84.4	50	6.2	1.1	7.1	2.4	1.2	352	123	2.7	49	570	2	1.3	-	7917	-	0.5	0.1	1.6			103	
IDD089	Daun singkong kopang	KZGMI -2001	81.1	74	6.3	0.7	10.7	4.6	1.2	142	115	1.7	32	382	2	1.5	-	3882	-	0.5	+/-	1.9			221	
IDD090	Daun singkong rebus	KZGPI -1990	90.5	31	3.7	0.6	4.8	1.6	0.4	160	50	2.6	-	-	-	-	-	-	4150	0.02	-	-			34	
IDD091	Daun sintrong	KZGPI -1990	88.5	36	2.6	0.9	6.1	1.7	1.9	398	95	9.3	-	-	-	-	0	-	8868	0.03	-	-			3	
IDD092	Daun talas	DKBM-1981	79.4	71	41	2.1	12.3	-	-	302	47	8.3	-	-	-	-	-	-	-	-	-	-	10395	0.11	163	(80)
IDD093	Daun talas rebus	KZGPI -1990	91.6	27	1.3	0.2	5.9	1.6	1	119	41	1.4	-	-	-	-	0	-	2682	0	-	-				
IDD094	Daun ketela rambat (ubi jalar)	DKBM-1981	84.7	47	2.8	0.4	10.4	-	-	79	66	10.0	-	-	-	-	-	-	-	-	-	-	6015	0.12	22	73
IDD095	Daun ubi kuning	KZGMI -2001	83.5	62	3.7	0.3	11.1	6.4	1.4	170	40	0.6	10	0	0.2	0.5	-	3564	-	0.3	0.3	1.2				
IDD090	Daun ubi merah	KZGPI -1990	34.4	48	3	0.3	10.8	1.4	1.5	80	81	6.4	-	-	-	-	0	-	4697	0.1	-	-				
IDD091	Daun ubi merah kukus	KZGPI -1990	82.5	56	3.1	0.3	13	1.5	1.1	78	52	4.3	-	-	-	-	-	-	5397	0	-	-				
IDD092	Daun ubi putih	KZGMI -2001	87.5	46	2.8	0.2	8.2	4.8	1.3	120	50	0.8	10	0	0.2	0.5	-	103	-	0.3	0.3	0.9				
IDD093	Daun ubi tinta	KZGMI -2001	85.1	55	1.7	0.1	11.9	7.6	1.2	120	40	0.6	10	0	0.2	0.5	-	516	-	0.2	0	0				
IDD094	Eceng	DKBM-1981	93.0	18	1.0	0.2	3.8	-	-	80	45	3.7	-	-	-	-	-	-	-	-	-	-	(1000)	(0.08)	(50)	70
IDD095	Gambas (oyong)	DKBM-1981	94.5	18	0.8	0.2	4.1	-	-	19	33	0.9	-	-	-	-	-	-	-	-	-	-	380	0.03	8	85
IDD096	Genjer	DKBM-1981	90.0	33	1.7	0.2	7.7	-	-	62	33	2.1	-	-	-	-	-	-	-	-	-	-	3800	0.07	54	70
IDD097	Jagung muda/semi	DKBM-1981	89.5	33	2.2	0.1	7.4	-	-	7	100	0.5	-	-	-	-	-	-	-	-	-	-	200	0.08	8	100
IDD098	Jamur encik	KZGMI -2001	24.8	296	9.4	1.1	62	-	2.7	5	277	5.3	2	+/-	0.2	3.1	-	-	-	1.1	0.1	-				
IDD099	Jamur kuping kering	DKBM-1981	14.9	128	16.0	0.9	64.6	-	-	51	233	6.7	-	-	-	-	-	-	-	-	-	-	0	0.11	0	100
IDD100	Jamur kuping segar	DKBM-1981	93.7	15	3.8	0.6	0.9	-	-	3	94	1.7	-	-	-	-	-	-	-	-	-	-	0	0.10	5	100
IDD101	Jamur sagu	KZGMI -2001	91.3	48	1.9	3.2	2.8	1	0.8	10	90	0.6	100	440	0.6	0.6	-	-	-	0.2	-	-				
IDD102	Jantung pisang segar	DKBM-1981	90.2	31	1.2	0.3	7.1	-	-	30	50	0.1	-	-	-	-	-	-	-	-	-	-	(170)	(0.05)	(10)	(25)
IDD103	jengkol	KZGMI -2001	52.7	192	5.4	0.3	40.7	-	0.9	4	150	0.7	60	241	0.3	0.6	-	-	-	0.05	0.2	-				
IDD104	jotang	DKBM-1981	89.0	32	1.9	0.3	7.1	-	-	162	41	4.0	-	-	-	-	-	-	-	-	-	-	3918	0.03	20	(70)
IDD105	kabau	KZGMI -2001	67.2	130	6.7	0.3	25.2	-	0.6	4	204	0.5	1	+/-	0.2	0.5	-	-	-	0.8	0.1	-				
IDD106	kacang mekah, polong	KZGPI -1990	93.6	22	1.1	1	3.4	1.1	0.9	63	296	1	-	-	-	-	0	-	116	0.02	-	-				

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			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	β KROTEN	KAROTEN TOTAL	TIAMIN	RIBOFLAVIN	NIASIN	Nilai Vit.A	Vit. B1	Vit. C.	b.d.d
			g	kkal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	ug	ug	ug	ug	mg	mg	mg	S.I.	mg	mg	%
IDD107	kacang panjang	DKBM-1981	88.5	44	2.7	0.3	7.8	-	-	49	347	0.7	-	-	-	-	-	-	-	-	-	-	335	0.13	21	75
IDD108	kacang panjang kukus	KZGPI -1990	88.2	39	3	0.6	7.6	1.7	0.6	100	91	1.2	-	-	-	-	0	-	205	0.02	-	-				
IDD109	kacang panjang rebus	KZGPI -1990	90.9	30	2.3	0.4	5.8	1.4	0.6	71	68	0.8	-	-	-	-	0	-	162	0	-	-				
IDD110	kacang ranti polong	KZGPI -1990	88.5	37	3.1	0.2	7.9	2.5	0.3	103	126	0.8	-	-	-	-	-	-	2312	0.02	-	-				
IDD111	kalakal	KZGMI -2001	89.9	38	2.4	0.2	6.6	5.8	0.9	18	90	1.1	7	443	0.4	0.9	-	-	-	0.3	0.2	-				
IDD112	kangkung	DKBM-1981	89.7	29	3.0	0.3	5.4	-	-	73	50	2.5	-	-	-	-	-	-	-	-	-	-	6300	0.07	32	70
IDD113	kangkung kukus	KZGPI -1990	90.4	30	3.2	0.7	4.7	1.8	1	70	49	4.4	-	-	-	-	0	-	5837	0.03	-	-				
IDD114	kangkung rebus	KZGPI -1990	93	22	2.5	0.6	3.1	1.2	0.8	50	51	3.5	-	-	-	-	0	-	4325	0.01	-	-				
IDD115	Kangkung tondano	KZGMI -2001	88.5	43	1.8	0.2	8.4	4.3	1.1	72	9	0.7	30	361	0.3	0.4	-	2741	-	0.8	0.1	+/-			23	
IDD116	Kapri muda (polong)	DKBM-1981	86.8	42	3.3	0.2	9.0	-	-	51	(85)	1.0	-	-	-	-	-	-	-	-	-	-	440	0.20	49	(80)
IDD117	Kacang kapri (biji segar)	DKBM-1981	74.3	98	6.7	0.4	17.7	-	-	22	122	1.9	-	-	-	-	-	-	-	-	-	-	680	0.34	26	45
IDD118	Kacang gude (buah muda)	DKBM-1981	67.3	123	8.4	0.6	21.8	-	-	66	174	1.8	-	-	-	-	-	-	-	-	-	-	195	0.41	31	69
IDD119	Karawila	KZGMI -2001	93.7	25	2.3	0.2	3.5	2.1	0.3	25	67	0.3	8	88.4	+/-	0.3	-	21	-	0.1	0.1	-			39	
IDD120	Kecipir polong muda	DKBM-1981	90.1	35	2.9	0.2	5.8	-	-	63	37	0.3	-	-	-	-	-	-	-	-	-	-	595	0.24	19	96
IDD121	Kecombrang	KZGPI -1990	90	34	0.9	1	6.7	2.6	1.4	60	16	1	-	-	-	-	0	-	73	0	-	-			0	
IDD122	Kelawi, kluwi	DKBM-1981	70.0	111	1.5	0.3	27.2	-	-	28	32	0.9	-	-	-	-	-	-	-	-	-	-	20	0.10	19	77
IDD123	Kemangi	DKBM-1981	85.0	46	4.0	0.5	8.9	-	-	45	75	(2.0)	-	-	-	-	-	-	-	-	-	-	(5000)	(0.08)	(50)	(80)
IDD124	Kembang turi	DKBM-1981	87.4	44	1.8	0.6	9.6	-	-	23	29	0.9	-	-	-	-	-	-	-	-	-	-	105	0.13	41	83
IDD125	Krokot	DKBM-1981	93.0	21	1.7	0.4	3.8	-	-	103	39	3.6	-	-	-	-	-	-	-	-	-	-	2550	0.03	25	80
IDD126	Ketimun	DKBM-1981	96.1	12	0.7	0.1	2.7	-	-	10	21	0.3	-	-	-	-	-	-	-	-	-	-	0	0.03	8	70
IDD127	Ketimun krai	KZGPI -1990	96.8	10	0.5	0.2	2	0.6	0.5	20	98	1	-	-	-	-	0	-	21	0.02	-	-			3	
IDD128	Ketimu Madura	KZGPI -1990	97.1	9	0.5	0.1	1.9	0.7	0.4	15	102	0.6	-	-	-	-	0	-	0	0.02	-	-			5	
IDD129	Komak polong	KZGMI -2001	74.3	99	3.3	0.1	21.2	10.3	1.1	50	99	13.1	15	567	0.2	0.6	-	5	-	-	-	0.1			-	
IDD130	Kool kembang	DKBM-1981	91.7	25	2.4	0.2	4.9	-	-	22	72	1.1	-	-	-	-	-	-	-	-	-	-	90	0.11	69	57
IDD131	Kool merah, kool putih	DKBM-1981	92.4	24	1.4	0.2	5.3	-	-	46	31	0.5	-	-	-	-	-	-	-	-	-	-	80	0.06	50	75
IDD132	Koro kerupuk polong	DKBM-1981	67.2	125	8.3	0.7	22.1	-	-	17	12	2.7	-	-	-	-	-	-	-	-	-	-	80	0.11	31	68
IDD133	Koro wedus / polong	DKBM-1981	88.0	38	3.0	0.3	7.9	-	-	56	47	1.1	-	-	-	-	-	-	-	-	-	-	870	0.09	17	(70)
IDD134	Kucai	DKBM-1981	86.3	45	2.2	0.3	10.3	-	-	52	50	1.1	-	-	-	-	-	-	40	0.11	-	-	40	0.11	17	52
IDD135	Kucai muda (lokio)	DKBM-1981	86.0	42	3.8	0.6	7.8	-	-	76	91	2.5	-	-	-	-	-	-	-	-	-	-	500	0.11	59	100
IDD136	Kulit melinjo	KZGPI -1990	71.9	111	4.5	1.1	20.7	5	1.8	117	179	2.6	-	-	-	-	0	-	1267	0.07	-	-			7	
IDD137	Kundur	KZGMI -2001	94	22.2	0.4	0.2	4.7	-	0.7	3	54	0.5	2	+/-	0.1	0.3	-	-	-	0.1	0.03	-			1	
IDD138	Labu air	DKBM-1981	95.0	17	0.6	0.2	3.8	-	-	12	18	0.6	-	-	-	-	-	-	-	-	-	-	70	0.04	10	80
IDD139	Labu kuning	KZGMI -2001	86.6	51	1.7	0.5	10	2.7	1.2	40	180	0.7	280	220	+/-	1.5	-	1569	-	0.2	0	0.1			2	
IDD140	Labu siam	DKBM-1981	92.3	26	0.6	0.1	6.7	-	-	14	25	0.5	-	-	-	-	-	-	-	-	-	-	20	0.02	18	83
IDD141	Labu waluh	DKBM-1981	91.2	29	1.1	0.3	6.6	-	-	45	64	1.4	-	-	-	-	-	-	-	-	-	-	180	0.08	52	77
IDD142	Lantar	KZGMI -2001	91.2	34	2.2	0.3	5.5	2.9	0.8	10	58	0.4	3	155	0.2	0.4	-	38	-	0.3	+/-	-			4	
IDD143	Lobak	DKBM-1981	94.1	19	0.9	0.1	4.2	-	-	35	26	0.6	-	-	-	-	-	-	-	-	-	-	10	0.03	32	(87)
IDD144	Lumai / leunca	DKBM-1981	90.0	33	1.9	0.1	7.4	-	-	274	34	4.0	-	-	-	-	-	-	-	-	-	-	478	0.10	17	95

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			g	kkal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	ug	ug	ug	ug	mg	mg	mg	S.I.	mg	mg	%
IDD145	Melinjo segar	DKBM-1981	80.0	66	5.0	0.7	13.3	-	-	163	75	2.8	-	-	-	-	-	-	-	-	-	-	(1000)	(0.10)	(100)	60
IDD146	Mostarda metan sawi	KZGMI -2001	91.4	33	2.3	0.5	4.7	1.8	1.1	60	30	3.1	20	100	1	4	-	1575	-	0.2	0.1	0.1			1	
IDD147	Nangka muda	DKBM-1981	85.4	51	2.0	0.4	11.3	-	-	45	29	0.5	-	-	-	-	-	-	-	-	-	-	25	0.07	9	80
IDD148	Paria putih	DKBM-1981	91.2	29	1.1	0.3	6.6	-	-	45	64	1.4	-	-	-	-	-	-	-	-	-	-	180	0.08	52	77
IDD149	Paria putih kukus	KZGPI -1990	95	16	0.8	0.2	3.4	1.2	0.6	16	33	0.5	-	-	-	-	-	-	65	0.15	-	-			3	
IDD150	Pepare ular	KZGMI -2001	95.1	19	0.6	0.1	3.9	1	0.3	20	10	0.4	130	30	1	1	-	-	-	0.1	0.1	0.1				
IDD151	Papaya muda	DKBM-1981	92.3	26	2.1	0.1	4.9	-	-	50	(16)	0.4	-	-	-	-	-	-	-	-	-	-	(50)	0.02	19	76
IDD152	Petay	KZGMI -2001	77.2	92	5.4	1.1	15.2	-	1.1	193	170	1.6	55	221	2	8	-	-	-	0.8	0.1	-			3	
IDD153	Peterseli	DKBM-1981	83.9	50	3.7	1.0	9.0	-	-	193	84	4.3	-	-	-	-	-	-	-	-	-	-	8230	0.11	193	95
IDD154	Pe-cay	DKBM-1981	92.4	23	1.8	0.3	4.5	-	-	179	39	6.9	-	-	-	-	-	-	-	-	-	-	3995	0.08	75	82
IDD155	Pucuk lumay/daun leunca	KZGMI -2001	91	33	4.5	0.4	2.8	-	1.3	119	75	2.9	2	+/-	2	6	-	-	-	0.5	0.1	-			4	
IDD156	Putrid malu	KZGMI -2001	80.2	76	3.6	0.3	14.6	7.1	1.3	3	84	3.3	1	631	6	14	-	4762	-	0.6	0.6	-				
IDD157	Prei (daun bawang)	DKBM-1981	86.3	45	2.2	0.3	10.3	-	-	52	50	1.1	-	-	-	-	-	-	-	-	-	-	40	0.11	17	52
IDD158	Rebung	DKBM-1981	91.0	27	0.3	5.2	13	-	-	13	59	0.5	-	-	-	-	-	-	-	-	-	-	20	0.15	4	65
IDD159	Rimbang	KZGMI -2001	80.8	75	1.6	0.6	15.8	10	1.2	80	97	0.6	20	234	4	4	-	-	-	0.4	0.1	-			3	
IDD160	Rumput laut	KZGMI -2001	87	41	1.4	0.3	8.1	2.2	3.2	220	20	1.6	250	380	2	4	-	1958	-	0.2	0	0.1				
IDD161	Sawi	DKBM-1981	92.2	22	2.3	0.3	4.0	-	-	220	38	2.9	-	-	-	-	-	-	-	-	-	-	6460	0.04	102	(87)
IDD162	Sawi putih/pecay	KZGPI -1990	96.6	9	1	0.1	1.7	0.8	0.6	100	42	1.1	-	-	-	-	0	-	832	0.05	0.18	0.4				
IDD163	Sawi Taiwan	KZGMI -2001	91.8	30	1.9	0.5	4.4	2.7	1.4	92	58	1.6	27	217	1	7	-	1340	-	0.2	0.1	0.6			3	
IDD164	Sawi tanah	KZGMI -2001	94.9	19	1.3	0.2	2.9	2.2	1	22	45	1.2	17	145	1	4	-	815	-	0.2	0.1	0.1			3	
IDD165	Selada	DKBM-1981	94.8	15	1.2	0.2	2.9	-	-	22	25	0.5	-	-	-	-	-	-	-	-	-	-	540	0.04	8	69
IDD166	Selada air	DKBM-1981	91.1	17	1.7	0.3	3.0	-	-	182	(27)	2.5	-	-	-	-	-	-	-	-	-	-	2420	50	50	63
IDD167	Selada rebus	KZGPI -1990	93.5	19	2.7	0.2	2.9	0.7	0.7	50	74	1.4	-	-	-	-	-	-	3700	0.08	-	-			2	
IDD168	Seledri	DKBM-1981	93.0	20	1.0	0.1	4.6	-	-	50	40	1.0	-	-	-	-	-	-	-	-	-	-	130	0.03	11	63
IDD169	Taoge kacang ijo	DKBM-1981	92.4	23	2.9	0.2	4.1	-	-	29	69	0.8	-	-	-	-	-	-	-	-	-	-	10	0.07	15	100
IDD170	Taoge kacang kedelai	DABM-1981	81.0	67	9.0	2.6	6.4	-	-	(50)	(65)	(1.0)	-	-	-	-	-	-	-	-	-	-	(110)	(0.23)	(15)	100
IDD171	Taoge kacang tunggak	DKBM-1981	88.0	35	5.0	0.2	5.8	-	-	57	88	1.0	-	-	-	-	-	-	-	-	-	-	0	(0.07)	(15)	
IDD172	Taoge seduh	KZGPI -1990	91.9	28	3	0.8	4	1	0.3	40	73	0.5	-	-	-	-	-	-	18	0.1	-	-			2	
IDD173	Tebu terubuk (lilin)	DKBM-1981	91.0	25	4.6	0.4	3.0	-	-	(40)	(80)	2.0	-	-	-	-	-	-	-	-	-	-	0	(0.08)	(50)	(200)
IDD174	Tekokak	DKBM-1981	89.0	34	2.0	0.1	7.9	-	-	(50)	(30)	(2)	-	-	-	-	-	-	-	-	-	-	750	(0.08)	(80)	95
IDD175	Tekokak kering	DKBM-1981	12.3	294	8.3	1.7	72.6	-	-	370	180	22.2	-	-	-	-	-	-	-	-	-	-	750	(0.40)	0	(100)
IDD176	Terong	DKBM-1981	92.7	24	1.1	0.2	5.5	-	-	15	37	0.4	-	-	-	-	-	-	-	-	-	-	30	0.04	5	87
IDD177	Terong asam	KZGMI -2001	90.5	37	2	0.4	6.3	3.2	0.8	13	59	1.5	3	155	0.3	0.3	-	97	-	0.2	0.1	-			4	
IDD178	Terong hintalo	KZGMI -2001	89.2	45	1.9	0.8	7.5	5.1	0.6	19	268	1	167	142	0.6	0.2	-	552	-	0.2	0.4	-			4	
IDD179	Terung belanda	DKBM-1981	85.9	48	1.5	0.3	11.3	-	-	13	24	0.8	-	-	-	-	-	-	-	-	-	-	0	0.04	17	73
IDD180	Terung Bengkulu	KZGPI -1990	86.6	52	1.1	0.4	11.2	3.2	0.8	19	39	1.1	-	-	-	-	0	-	600	0.23	0.04	0.01			58	
IDD181	Terung panjang	KZGPI -1990	91.8	25	2.1	0.1	5.3	0.5	0.7	38	24	0.7	-	-	-	-	0	-	24	0.15	-	-			8	
IDD182	Terung panjang kukus	KZGPI -1990	92.7	23	1.8	0.1	4.9	0.4	0.5	40	13	0.5	-	-	-	-	0	-	20	0	-	-			1	
IDD183	Tespong, daun	DKBM-1981	81.0	59	2.9	(0.3)	13.9	-	-	155	65	2.	-	-	-	-	-	-	-	-	-	-	2500	0.05	21	(60)

D. SAYUR-SAYURAN DAN HASIL OLAHNYA

Kode	NAMA BAHAN MENTAH, MASAK	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																							
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	β KROTEN	KAROTEN TOTAL	TIAMIN	RIBOFLAVIN	NIASIN	Nilai Vit.A	Vit. B1	Vit. C.	b.d.d
			g	kkal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	ug	ug	ug	ug	mg	mg	mg	S.I.	mg	mg	%
IDD184	Tomat, air (sari)	DKBM-1981	94.0	15	1.0	0.2	3.5	-	-	7	15	0.4	-	-	-	-	-	-	-	-	-	-	600	0.05	10	100
IDD185	Tomat masak	DKBM-1981	94.0	20	1.0	0.3	4.2	-	-	5	27	0.5	-	-	-	-	-	-	-	-	-	-	1500	0.06	40	95
IDD186	Tomat muda	DKBM-1981	93.0	23	2.0	0.7	2.3	-	-	5	(27)	0.5	-	-	-	-	-	-	-	-	-	-	320	0.07	30	95
IDD187	Uceng/bunga melinjo	KZGPI -1990	79.5	82	5.8	1.3	11.7	4.8	1.7	70	266	2.4	-	-	-	-	-	-	58	0.11	-	-			3	
IDD188	Umbut kelapa	KZGMI -2001	89.3	39	2	0.2	7.2	2.5	1.3	57	49	+/-	4	447	0.2	1.4	-	16	-	0.1	0.1	-			8	
IDD189	Umbut rotan	KZGMI -2001	90.5	34	2.4	0.3	5.5	2.2	1.3	89	79	1.3	8	552	0.2	1.9	-	14	-	0.2	+/-	-			9	
IDD190	Wortel	DKBM-1981	88.2	42	1.2	0.3	9.3	-	-	39	37	0.8	-	-	-	-	-	-	-	-	-	-	12000	0.06	6	88
IDD191	Wortel rebus	KZGPI -1990	92.1	28	0.7	0.5	6.3	0.8	0.4	46	28	0.6	-	-	-	-	0	-	5396	0.01	-	-			12	
IDD192	Wortel kukus	KZGPI -1990	89.5	27	1	0.6	8.3	1.1	0.6	44	30	0.6	-	-	-	-	0	-	7150	0.02	-	-			14	
	Terolah, produk																									
IDD193	Asinan bogor	KZGMS-1993	78	98	3.9	2.6	14.8	0.5	0.7	314	17	1.2	483.2	-	-	-	10	-	146	0.28	-	-			45	
IDD194	Lema/rebung asam	KZGMI -2001	96.3	15	1	0.4	1.9	-	0.4	17	230	2.9	3	156	0.1	0.7	-	-	-	0.3	0	-			-	
	Masakan																									
IDD195	Anyang	KZGMI -2001	76.9	126	3.4	7.9	10.3	5.4	1.5	180	1	2.9	290	181	0.3	1.2	--	3263	-	0.2	+/-	-			-	
IDD196	Ares	KZGMI -2001	77.7	113	0.9	7.2	11.2	4.7	3	63	5	1.5	1413	1030	0.7	3.8	-	6	-	0.1	+/-	0.5			-	
IDD197	Arwan sirsir	KZGMI -2001	59	277	2.4	2.5	10.7	4.6	2.9	120	40	2.4	240	320	0.2	0.9	-	1578	-	0.1	0.2	0			11	
IDD198	beberuk	KZGMI -2001	89.1	65	1.1	5.2	3.5	3.1	1.1	179	72	8.3	53	427	0.4	0.2	-	44	-	0.3	+/-	4.4			-	
IDD199	Batok lamtoro	KZGPI -1990	63.9	186	11.7	9.7	13	2.1	2.2	771	322	26	-	-	-	-	18	-	179	0.27	-	-				
IDD200	Brongkos	KZGPI -1990	76.4	141	15.3	3.3	12.6	1	2.4	87	97	5.1	-	-	-	-	4	-	356	0.4	-	-				
IDD201	Buntil daun talas	KZGPI -1990	74.5	141	4.4	10.2	8	1.8	3	149	121	14.5	-	-	-	-	13	-	8610	0.25	-	-				
IDD202	Cammetutu	KZGMI -2001	79.6	102	3.2	6	8.7	4.3	2.5	41	93	0.5	443	518	0.3	0.7	-	1123	-	0.3	0.4	0.4				
IDD203	Capcai	KZGMS -1993	82.7	97	5.8	6.3	4.2	0.6	1	287	89	1.8	405	-	-	-	44.5	-	1640	0.21	-	-				
IDD204	Gado-gado	KZGPI -1990	68.5	137	6.1	3.2	21	1.1	1.5	301	135	7.5	-	-	-	-	3	-	5929	0.1	-	-				
IDD205	Gudeg	KZGPI -1990	69.2	160	3.3	9.2	16	2.3	2.1	62	55	12.8	-	-	-	-	0	-	166	15	-	-				
IDD206	Gulai pakis	KZGPI -1990	76.1	143	4	11.4	6	1.4	2.6	548	124	1.7	-	-	-	-	11	-	9812	35	-	-				
IDD207	Gulai pliek	KZGMI -2001	71.9	176	7.3	14.9	3.2	-	2.7	39	54	1.4	257	285	0.3	0.6	-	-	-	-	-	-				
IDD208	Kadada katembe	KZGMI -2001	80	110	4.5	6.9	7.1	3.9	1.5	26	77	0	178	131	0.2	0.7	-	46	-	1	+/-	3.7				
IDD209	Kaparende	KZGMI -2001	91.7	38	2.4	2	2.6	1.5	1.3	126	68	0	170	43	0	0.3	-	40	-	1	+/-	3.7				
IDD210	Karedok	KZGPI -1990	79	92	2.2	3.3	14.1	1.4	1.4	174	85	2.4	-	-	-	-	0	-	1	8	-	-				
IDD211	Keripik bayam	KZGPI -1990	23	586	4.9	40.6	50.2	0.5	1.9	236	117	3.6	-	-	-	-	0	-	4544	16	-	-				
IDD212	Ketoprak	KZGMI -2001	69.1	158	7.9	7.7	13	2.9	2.6	158	134	3.4	-	-	-	-	3	-	435	5	-	-				
IDD213	Kotiu hinela tawang nggole	KZGMI -2001	88.4	46	2.2	1.5	6	3.8	1.9	64	44	0	316	103	1.6	0.8	-	75	-	3	+/-	9.7				
IDD214	Lawara penjah	KZGMI -2001	64.584.8	207	7.4	15.4	9.6	-	2.9	114	219	5.0	683	117	0.5	0.7	0	38	-	19	0.04	-				
IDD215	Liling bungkus gedi	KZGMI -2001	83.9	79	2.3	5.2	5.8	2.5	1.9	170	70	0.9	170	50	0.2	0.8	-	-	-	2	0.1	0				
IDD216	Olah-olah	KZGMI -2001		9.1	2.1	6	7.1	4.4	0.9	26	3	1.2	289	266	0.3	0.6	-	36	-	2	0.1	0.4				
IDD217	Paku hinela		83.4																							
IDD218	Wulelenggapaya	KZGMI -2001	83.8	77	3.5	4.6	5.4	3.6	3.1	63	85	0	469	37	0.3	0.7	-	55	-	8	0.1	0.2				
IDD219	Pelecing kangkung	KZGMI -2001	91.8	75	2.5	2.8	1.0	5.4	0.9	36	3	2.1	408	381	0.1	0.4	-	870	-	7	+/-	0.2				
IDD220	Purundawa	KZGMI -2001	86	25	1.5	0.5	3.6	1.7	2.6	147	39	0	239	201	0.1	0.6	-	55	-	1	0.1	11.6				

D. SAYUR-SAYURAN DAN HASIL OLAHNYA

Kode	NAMA BAHAN MENTAH, MASAK	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																							
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	β KROTEN	KAROTEN TOTAL	TIAMIN	RIBOFLAVIN	NIASIN	Nilai Vit.A	Vit. B1	Vit. C.	b.d.d
			g	kkal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	ug	ug	ug	ug	mg	mg	mg	S.I.	mg	mg	%
IDD221	Rawon	KZGPI -1990	70.1	60	5.4	2.5	4	0.3	1.7	272	158	3.3	-	-	-	-	11	-	1235	9	-	-				
IDD222	Rujak cingur	KZGPI -1990	93.2	153	11.3	8.4	8	1.4	1.4	256	143	4.4	-	-	-	-	18	-	2880	16	-	-				
IDD223	Sayur asem	KZGPI -1990	83.4	29	6.7	0.6	5	0.6	0.8	40	61	3.1	-	-	-	-	14	-	2075	1	-	-				
IDD224	Sayur bunga papaya	KZGMI -2001	70.8	49	1.7	0.3	9.8	2.7	2.1	220	220	1.3	90	350	0.1	0.1	-	372	-	+/-	0.1	0				
IDD225	Sayur garu	KZGMI -2001	72.8	178	2.6	13.9	10.6	8.4	2.1	30	180	9	20	120	0.3	0.3	-	9999	-	2	0.1	-				
IDD226	Sayur kohu-kohu	KZGMI -2001		133	7.3	6.6	11.2	1.2	2.1	40	120	0.2	20	50	0.3	0.3	-	944	-	2	0.2	-				
IDD227	Sayur lilin terubuk	KZGMI -2001	90.4	36	2.7	0.7	4.8	1.4	1.4	10	90	0.1	30	44	0.2	1	-	-	-	0.3	0.2	-			18	
IDD228	Sayur ndusuk	KZGMI -2001	87.5	49	3.1	2.5	3.6	-	3.1	11	6	0.5	1011	88	+/-	0.2	-	-	-	0.2	0.1	-			15	
IDD229	Sayur sop	KZGPI -1990	92.7	27	1.3	2	1	0.3	2.7	168	57	1.8	-	-	-	-.	20	-	2569	0.1	-	-			0.2	
IDD230	Sayur umbut kelapa	KZGMI -2001	85.5	67	5.2	2.9	5.1	1.4	1.3	48	81	3.2	313	108	0.2	1.1	-	21	-	0.2	+/-	-			5	
IDD231	Sayur umbut rotan	KZGMI -2001	87.6	57	5.4	2.6	3.1	1.6	1.3	184	135	1.2	256	81	0.2	0.9	-	18	-	0.2	+/-	-			6	
IDD232	Shabu-shabu	KZGMS-1993	87.1	88	3.2	8	0.8	0.9	9	217	48	2.9	513.5	-	-	-	82	-	2000	0.2	-	-			0	
IDD233	Semur jengkol	KZGMS-1993	52.7	212	6	10	29.1	-	2.2	77	99	1	-	-	-	-	-	-	81	0.14	-	-			4	
IDD234	Tinira ninahu nggaluku	KZGMI -2001	91.8	33	1.2	1.3	4.1	3.1	1.5	35	35	0	161	119	0.2	0.7	-	6	-	0.3	0	3.5			10	
IDD235	Toge goreng	KZGPI -1990	79.2	88	3.2	2.1	14	0.7	1.5	168	50	5.7	-	-	-	-	2	-	613	0.05	-	-			0	
IDD236	Tumis bayam bersantan	KZGPI -1990	91.2	48	1.4	4.2	2.6	0.5	0.6	129	27	0.8	-	-	-	-	0	-	2988	0.01	-	-			22	
IDD237	Waluh balamak	KZGMI -2001	89.4	45	0.8	0.9	8.1	7.9	1	25	25	0.5	61	15	+/-	0.2	-	1241	-	0.2	0	0.1			2	
IDD238	Woku ubi	KZGMI -2001	73	143	3.1	7.8	15	7	1.1	195	91	2.8	353	256	0.3	1	-	1519	-	0.1	+/-	-			15	

E. BUAH-BUAHAN DAN HASIL OLAHNYA

Kode	NAMA BAHAN MENTAH, MASAK	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																							
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	β KROTEN	KAROTEN TOTAL	TIAMIN	RIBOFLAVIN	NIASIN	Nilai Vit.A	Vit. B1	Vit. C.	b.d.d
			g	kkal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	ug	ug	ug	ug	mg	mg	mg	S.I.	mg	mg	%
IDE001	Alpukat	DKBM-1981	84.3	85	0.9	6.5	7.7	-	-	10	20	0.9	-	-	-	-	-	-	-	-	-	-	180	0.05	13	61
IDE002	Anggur hutan	KZGPI -1990	92.3	30	0.5	0.2	6.8	1.2	0.2	39	12	1.1	-	-	-	-	0	-	1	0.01	-	-				
IDE003	Apel	DKBM-1981	84.1	58	0.3	0.4	14.9	-.	-	6	10	0.3	-	-	-	-	-	-	-	-	-	-	90	0.04	5	88
IDE004	Apel malang	KZGPI -1990	85.9	57	0.5	0.4	12.8	0.8	0.3	9	18	0.6	-	-	-	-	0	-	2240	0.05	0.03	1				
IDE005	Arbai	DKBM-1981	89.9	37	0.8	0.5	8.3	-	-	28	27	0.8	-	-	-	-	-	-	-	-	-	-	60	0.03	60	96
IDE006	Asam masak di pohon	DKBM-1981	31.4	239	2.8	0.6	62.5	-	-	74	113	0.6	-	-	-	-	-	-	-	-	-	-	30	0.34	2	48
IDE007	Belimbing	DKBM-1981	90.0	36	0.4	0.4	8.8	-	-	4	12	1.1	-	-	-	-	-	-	-	-	-	-	170	0.03	35	86
IDE008	Bengkuang	DKBM-1981	85.1	55	1.4	0.2	12.8	-	-	15	18	0.6	-	-	-	-	-	-	-	-	-	-	Ø	0.04	20	(84)
IDE009	Biwah	KZGPI -1990	87.1	51	0.3	0.1	12.1	0.7	0.5	220	14	0.8	-	-	-	-	0	-	12256	0.1	0.02	0				
IDE010	Buah atung	DKBM-1981	92.0	23	0.8	(0.2)	5.2	-	-	(30)	(50)	4.6	-	-	-	-	-	-	-	-	-	-	0	0.29	38	(80)
IDE011	Buah kelenting	KZGMI -2001	73.9	110	1.4	2.1	21.4	-	1.2	8	102	1.1	2	0	0.3	0.9	-	-	-	0.2	0.1	-				
IDE012	Buah kom	KZGPI -1990	33.7	264	4	1.1	59.6	9	1.7	306	92	0.8	-	-	-	-	0	-	400	0.11	-	0				
IDE013	Buah mentega (bisbul)	DKBM-1981	89.0	39	0.7	(0.2)	9.7	-	-	43	17	0.8	-	-	-	-	-	-	-	-	-	-	55	Ø	33	(50)
IDE014	Buah negri	KZGMI -2001	85.7	55	12	0.1	12.2	5.2	0.8	30	40	0.2	10	0	0.1	0.3	-	460	-	0.33	0.03	1				
IDE015	Buah nona	DKBM-1981	71.5	101	1.7	0.6	25.2	-	-	27	20	0.8	-	-	-	-	-	-	-	-	-	-	Ø	0.08	22	58
IDE016	Buah rotan	KZGMI -2001	79.4	78	0.6	0.3	18.2	-	1.5	1	7	3.4	7	495	0.3	0.7	-	-	-	0.12	0	-				
IDE017	Buah rukam	KZGMI -2001	71.3	113	0.8	0.3	26.8	7.7	0.8	108	52	1.2	2	219	0.3	0.9	-	17	-	0.06	0.01	-				
IDE018	Buah ruruhi	KZGMI -2001	93	29	2.1	0.7	3.6	2.6	0.3	6	7	0	36	45	0	0.1	-	7	-	0.06	0.01	-				
IDE019	Buah tuppa	KZGMI -2001	82.5	67	0.4	0.2	15.9	-	1	12	139	0.5	2	0	0.2	0.5	-	-	-	0.04	0.01	-				
IDE020	Carica papaya	KZGPI -1990	93.4	24	1.9	0.2	3.7	1	0.9	51	33	1.8	-	-	-	-	0	-	1000	0.32	0.07	0				
IDE021	Campedak	DKBM-1981	67.0	116	3.0	0.4	28.6	-	-	(20)	(30)	(1.5)	-	-	-	-	-	-	-	-	-	-	(200)	0	15	(30)
IDE022	Duku	DKBM-1981	82.0	63	1.0	0.2	16.1	-	-	18	9	0.9	-	-	-	-	-	-	-	-	-	-	0	0.05	9	64
IDE023	Durian	DKBM-1981	65.0	134	2.5	(3)	28.0	-	-	7.4	(44)	1.3	-	-	-	-	-	-	-	-	-	-	175	0.10	53	22
IDE024	Duwet	KZGPI -1990	80.2	80	0.5	0.6	18.2	0.9	0.5	33	138	1.3	-	-	-	-	0	-	0	0.02	-	-				
IDE025	Embacang	DKBM-1981	72.5	98	1.4	(0.2)	25.4	-	-	21	15	Ø	-	-	-	-	-	-	-	-	-	-	1218	0.03	56	65
IDE026	Encung asam	KZGPI -1990	73	122	3.5	4.5	17.5	9.3	1.5	63	69	3.2	-	-	-	-	0	-	2357	0.02	-	-				
IDE027	Erbis	DKBM-1981	80.0	70	0.6	0	18.9	-	-	11	(50)	1.1	-	-	-	-	-	-	-	-	-	-	10	Ø	16	33
IDE028	Gandaria	DKBM-1981	80.8	68	0.7	0.1	18	-	-	8.5	(20)	1.0	-	-	-	-	-	-	-	-	-	-	1020	0.03	111	70
IDE029	Gatep	KZGPI -1990	52.7	191	4.5	1.5	39.7	1.34	1.6	186	69	3.2	-	-	-	-	-	-	-	0.05	-	-				

E. BUAH-BUAHAN DAN HASIL OLAHNYA

Kode	NAMA BAHAN MENTAH, MASAK	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																							
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	β KROTEN	KAROTEN TOTAL	TIAMIN	RIBOFLAVIN	NIASIN	Nilai Vit.A	Vit. B1	Vit. C.	b.d.d
			g	kkal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	ug	ug	ug	ug	mg	mg	mg	S.I.	mg	mg	%
IDE030	Jambu air	DKBM-1981	87.0	46	0.6	(0.2)	11.8	-	-	7.5	9	(1.1)	-	-	-	-	-	-	-	-	-	-	0	Ø	5	90
IDE031	Jambu biji	DKBM-1981	86.0	49	0.9	(0.3)	12.2	-	-	14	28	1.1	-	-	-	-	-	-	-	-	-	-	25	0.02	87	82
IDE032	Jambu biji putih tdk berbiji	KZGPI -1990	82.8	61	0.9	0.3	15.4	4.5	0.6	31	41	0.2	-	-	-	-	-	-	18	1.02	-	-			116	
IDE034	Jambu bool	DKBM-1981	84.5	56	0.6	0.3	14.2	-	-	29	16	1.2	-	-	-	-	-	-	-	-	-	-	130	0.02	22	67
IDE035	Jambu monyet	DKBM-1981	82.6	64	0.7	0.6	15.8	-	-	4	13	0.5	-	-	-	-	-	-	-	-	-	-	25	0.02	197	90
IDE036	Jeruk bali	DKBM-1981	86.3	48	0.6	0.2	12.4	-	-	23	27	0.5	-	-	-	-	-	-	-	-	-	-	20	0.04	43	62
IDE037	Jeruk banjar	KZGMI -2001	84.5	61	0.8	0.2	14.1	5.4	0.4	9	13	0.2	3	79	0.1	0.1	-	9	-	0.12	0.03	-			31	
IDE038	Jeruk garut keprok	DKBM-1981	87.3	44	0.8	0.3	10.9	-	-	(33)	(23)	(0.4)	-	-	-	-	-	-	-	-	-	-	(420)	0.07	31	71
IDE039	Jeruk manis	DKBM-1981	87.2	45	0.9	0.2	11.2	-	-	33	23	0.4	-	-	-	-	-	-	-	-	-	-	(190)	0.08	49	72
IDE040	Jeruk nipis	DKBM-1981	86.0	37	0.8	0.1	12.3	-	-	(40)	(22)	(0.6)	-	-	-	-	-	-	-	-	-	-	0	0.04	27	76
IDE041	Jeruk ragi	KZGPI -1990	87.6	49	0.7	0.2	11.1	0.5	0.4	36	67	0.7	-	-	-	-	-	-	68	0.03	-	-			30	
IDE042	Kawista	KZGPI -1990	71.8	120	3.5	2.5	20.8	4.6	1.4	190	230	1.6	-	-	-	-	-	-	-	0.07	-	-			3	
IDE043	Kedondong	KZGMI -2001	87.8	47	0.5	0.2	10.4	-	0.6	7	58	0.8	2	0	0.1	0.2	-	-	-	0.07	0.04	-			32	
IDE044	Kedondong masak	DKBM-1981	88.0	41	1.0	0.1	10.3	-	-	15	22	2.8	-	-	-	-	-	-	-	-	-	-	233	0.08	30	58
IDE045	Kemang	DKBM-1981	86.5	48	1.0	(0.2)	11.9	-	-	10	24	Ø	-	-	-	-	-	-	-	-	-	-	6	0.08	58	65
IDE046	Kesemek	DKBM-1981	78.2	78	0.8	0.4	20.0	-	-	6	26	0.3	-	-	-	-	-	-	-	-	-	-	2710	0.05	11	97
IDE047	Kokosan	DKBM-1981	85.0	86	1.6	(0.2)	13.0	-	-	22	38	1.3	-	-	-	-	-	-	-	-	-	-	20	0.04	3	64
IDE048	Kranji	KZGPI -1990	20.1	315	2.1	1.4	73.5	3.6	2.9	160	120	3.7	-	-	-	-	-	-	-	0.02	-	-			-	
IDE049	Langsat	DKBM-1981	84.1	56	0.9	0.2	14.3	-	-	17	24	1.1	-	-	-	-	-	-	-	-	-	-	0	0.07	9	64
IDE050	Lemon	KZGMI -2001	92.2	34	0.5	0.8	62	-	0.3	23	20	0.3	31	140	0.1	0.2	-	-	-	0.09	0.12	0.3			50	
IDE051	Lontar	KZGPI -1990	93	27	0.4	0.2	6	1.6	0.4	91	243	0.5	-	-	-	-	-	-	-	0.03	.-	-			-	
IDE052	Mangga	KZGMI -2001	86.6	52	0.7	0	12.3	1.6	0.2	20	16	1	3	140	0.33	0.4	-	316	-	0.03	-	-			12	
IDE053	Mangga banggala	KZGMI -2001	84.4	63	2.4	0.4	12.4	5.8	0.4	9	13	0.2	3	79	1	0.1	-	10	-	0.18	0.01	-			43	
IDE054	Mangga gedung	DKBM-1981	87.4	44	0.7	(0.2)	11.2	-	-	13	(10)	(0.2)	-	-	-	-	-	-	-	-	-	-	16400	(0.08)	9	65
IDE055	Mangga golek	DKBM-1981	82.2	63	0.5	(0.2)	16.7	-	-	14	(10)	0.7	-	-	-	-	-	-	-	-	-	-	3715	(0.08)	30	65
IDE056	Mangga harumanis	DKBM-1981	86.6	46	0.4	(0.2)	11.9	-	-	15	9	0.2	-	-	-	-	-	-	-	-	-	-	1200	(0.08)	6	65
IDE057	Mangga indramayu	DKBM-1981	80.2	72	0.8	(0.2)	18.7	-	-	13	(10)	1.9	-	-	-	-	-	-	-	-	-	-	2900	0.06	16	65

E. BUAH-BUAHAN DAN HASIL OLAHNYA

Kode	NAMA BAHAN MENTAH, MASAK	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																							
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	β KROTEN	KAROTEN TOTAL	TIAMIN	RIBOFLAVIN	NIASIN	Nilai Vit.A	Vit. B1	Vit. C.	b.d.d
			g	kkal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	ug	ug	ug	ug	mg	mg	mg	S.I.	mg	mg	%
IDE058	Mangga kopek	DKBM-1981	84.5	56	0.4	(0.2)	14.6	-	-	16	-10	1.7	-	-	-	-	-	-	-	-	-	-	6520	0.03	27	65
IDE059	Mangga kwini	KZGMI -2001	78.6	86	0.7	0.5	19.8	6.5	0.4	11	11	0.2	1	16	0.1	0.1	-	932	-	0.15	0.02	-				
IDE060	Mangga manalagi	KZGMI -2001	66.5	133	1	0.1	32.1	11.8	0.3	20	23	1	70	161	0	0	0	4	-	0.07	0	0.6				
IDE061	Mangga muda	DKBM-1981	83.7	59	0.5	0.4	15.1	-	-	12	11	0.4	-	-	-	-	-	-	-	-	-	-	85	0.06	65	73
IDE062	Manggis	DKBM-1981	83.0	63	0.6	0.6	15.6	-	-	8	12	0.8	-	-	-	-	-	-	-	-	-	-	0	0.03	2	29
IDE063	Markisa	KZGMI -2001	64.7	144	3.5	1.2	29.8	11.4	8	27	203	1.4	-	-	-	-	0	-	691	0.02	-	-				
IDE064	Matoa	KZGMI -2001	76.5	90	1.2	0.1	21.1	-	1.1	20	40	0.6	10	190	0.3	0.6	-	-	-	0.18	0.09	-				
IDE065	Menteng	DKBM-1981	79.0	65	1.7	(0.2)	16.1	-	-	13	20	0.8	-	-	-	-	-	-	-	-	-	-	0	0	5	64
IDE066	Nanas	DKBM-1981	85.3	52	0.4	0.2	13.7	-	-	16	11	0.3	-	-	-	-	-	-	-	-	-	-	130	0.08	24	53
IDE067	Nanas Palembang	KZGMI -2001	85.5	58	0.7	0.2	13.3	1.6	0.3	+/-	15	0.6	7	117	+/-	0.1	-	17	-	0.26	0.03	-				
IDE068	Nangka masak pohon	DKBM-1981	70.0	106	1.2	0.3	27.6	-	-	20	19	0.9	-	-	-	-	-	-	-	-	-	-	330	0.07	7	28
IDE069	Pala, daging	DKBM-1981	88.1	42	0.3	(0.2)	10.9	-	-	32	24	1.5	-	-	-	-	-	-	-	-	-	-	29	Ø	22	-30
IDE070	Papaya	DKBM-1981	86.7	46	0.5	Ø	12.2	-	-	23	12	1.7	-	-	-	-	-	-	-	-	-	-	365	0.04	78	75
IDE071	Pisang ambon	DKBM-1981	72.0	99	1.2	(0.2)	25.8	-	-	8	28	0.5	-	-	-	-	-	-	-	-	-	-	146	0.08	3	75
IDE072	Pisang angleng (pisang ampyang)	DKBM-1981	80.3	68	1.3	(0.2)	17.2	-	-	10	-26	(0.6)	-	-	-	-	-	-	-	-	-	-	76	(0.08)	6	75
IDE073	Pisang ayam	KZGMI -2001	71.2	120	1.1	0.2	26.8	4.1	0.7	20	61	0.4	6	392	0.1	0.3	-	24	-	0.1	0.02	-				
IDE074	Pisang gapi	KZGMI -2001	66.3	131	1.6	0.	31.1	11.7	1	58	40	0.3	6	392	0.13	0.25	-	13	-	0.18	0.02	0.3				
IDE075	Pisang goroho	KZGMI -2001	69.4	119	1.5	0.2	27.9	4.6	1	2	30	0.2	3	359	0.13	0.25	-	11	-	0.15	0.02	+/-				
IDE076	Pisang hijau	KZGMI -2001	68.9	121	1	0.1	28.9	0.4	1.1	9	37	0.9	-	-	-	-	-	-	1000	0.13	0.06	0				
IDE077	Pisang kayu	KZGMI -2001	74.4	100	1.4	+/-	23.6	2.6	0.6	+/-	0	0.1	1	493	0.08	0.3	-	3	-	0.1	0	0.6				
IDE078	Pisang kapok	KZGMI -2001	71.9	109	0.8	+/-	26.3	5.7	1	10	30	0.5	10	300	0.1	0.2	-	0	-	0.1	0	0.1				
IDE079	Pisang ketip	KZGMI -2001	63.4	145	1.1	0.3	34.5	6.6	0.7	5	-	0.1	4	726	0.15	0.5	-	3	-	0.13	0.02	0.8				
IDE080	Pisang kidang	KZGMI -2001	75.4	96	1	0.2	22.5	0.6	0.9	87	173	0.6	-	-	-	-	-	-	58	0.04	-	-				
IDE081	Pisang lampung	DKBM-1981	72.1	99	1.3	(0.2)	25.6	-	-	10	-19	0.9	-	-	-	-	-	-	-	-	-	-	618	Ø	4	75
IDE082	Pisang mas	DKBM-1981	64.2	127	1.4	(0.2)	33.6	-	-	7	25	0.8	-	-	-	-	-	-	-	-	-	-	79	0.09	2	85
IDE083	Pisang mas bali ampenan	KZGMI -2001	76.8	92	1.4	0.2	21	3.7	0.5	7	29	1.2	32	272	0.18	+/-	-	14	-	0.09	0.03	0.6				
IDE084	Pisang mas bali kopang	KZGMI -2001	64.2	127	1.4	0.2	31.8	3.7	2.4	10	0	0.2	43	616	0.12	0.4	-	21	-	0.21	0.05	0.6				

E. BUAH-BUAHAN DAN HASIL OLAHNYA

Kode	NAMA BAHAN MENTAH, MASAK	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																							
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	β KROTEN	KAROTEN TOTAL	TIAMIN	RIBOFLAVIN	NIASIN	Nilai Vit.A	Vit. B1	Vit. C.	b.d.d
			g	kkal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	ug	ug	ug	ug	mg	mg	mg	S.I.	mg	mg	%
IDE085	Pisang raja	DKBM-1981	65.8	120	1.2	(0.2)	31.8	-	-	10	22	0.8	-	-	-	-	-	-	-	-	-	-	950	0.06	10	70
IDE086	Pisang raja sereh	DKBM-1981	67.0	118	1.2	(0.2)	31.1	-	-	7	29	0.3	-	-	-	-	-	-	-	-	-	-	112	Ø	4	85
IDE087	Pisang rotan	KZGPI -1990	76.1	98	1.3	1.2	20.5	1	0.9	17	51	1.1	-	-	-	-	-	-	697	0.01	-	-			2	
IDE088	Pisang talas	KZGMI -2001	71	113	1.2	0.2	26.7	4.4	0.9	22	22	0.6	+/-	48	+/-	0.1	-	159	-	0.12	0.03	0.3			9	
IDE089	Pisang tujuh bulan	KZGMI -2001	75.9	94	0.6	0.2	22.5	-	0.8	50	20	0.2	0	4	0.1	0.4	0	72	-	0.03	0.03	-			6	
IDE090	Pisang ua	KZGMI -2001	67.8	128	0.8	0.5	30.2	8.1	0.7	12	28	0.7	+/-	382	0.2	0.3	-	5	-	0.09	0.01	-			4	
IDE091	Pisang raja uli	DKBM-1981	59.1	146	2.0	(0.2)	38.2	-	-	10	28	0.9	-	-	-	-	-	-	-	-	-	-	75	0.05	(3)	75
IDE092	Purut	KZGPI -1990	81.1	76	4.1	1.1	15.2	1.7	1.4	30	76	0.6	-	-	-	-	-	-	93	0.01	-	-			0	
IDE093	Rambutan	DKBM-1981	80.5	69	0.9	(0.1)	18.1	-	-	16	16	0.5	-	-	-	-	-	-	-	-	-	-	0	0	58	40
IDE094	Rambutan binjai	KZGMI -2001	81	76	0.5	0.2	18	3.8	0.3	15	22	1.2	22	120	0.2	0.2	-	0	0	0.19	0.01	-			13	
IDE095	Salak	DKBM-1981	78.0	77	0.4	Ø	20.9	-	-	28	18	4.2	-	-	-	-	-	-	-	-	-	-	0	0.04	2	(50)
IDE096	Salak bali	KZGPI -1990	85.1	57	0.5	0.1	13.6	1.3	0.7	94	25	2.1	-	-	-	-	0	-	-	0	-	-			4	
IDE097	Salak medan	KZGMI -2001	78.1	55	0.4	0.2	12.8	3.2	8.5	6	46	0.5		113	0.2	0.3	-	4	40	0.04	0.03	-			58	
IDE098	Salak pondoh	KZGPI -1990	77.9	87	0.8	0.4	20.1	0	0.8	38	31	3.9	39	-	-	-	0	-	0	0	0.12	0.1			84	
IDE099	Sawo duren	KZGPI -1990	87.3	64	1	3.1	80	0.8	0.6	18	45	0.8	-	-	-	-	0	0	12	0.01	-	-			1	
IDE100	Sawo	DKBM-1981	75.5	92	0.5	1.1	22.4	-	-	25	12	1.0	-	-	-	-	-	-	-	-	-	-	60	0.01	21	79
IDE101	Sawo manila	DABM-1964	75.5	92	0.5	1.1	22.4	-	0.5	25	12	1	-	-	-	-	-	-	590	0.01	-	-			21	
IDE102	Semangka	DKBM-1981	92.1	28	0.5	0.2	6.9	-	-	7	12	0.2	-	-	-	-	-	-	-	-	-	-	590	0.05	6	46
IDE103	Sirsak	DKBM-1981	81.7	65	1.0	0.3	16.3	-	-	14	27	0.6	-	-	-	-	-	-	-	-	-	-	10	0.07	20	68
IDE104	Sowa	KZGMI -2001	87.7	48	1.6	0.6	91	45	10	50	40	0.3	9	0	0.1	1.5	0	364	31	0.15	0.23	0.2			4	
IDE105	Srikaya	DKBM-1981	71.5	101	1.7	0.6	25.2	-	-	27	20	0.8	-	-	-	-	-	-	-	-	-	-	Ø	0.08	22	58
IDE106	Sukun muda	KZGPI -1990	69.4	119	1.4	0.2	28.1	1.4	1	24	44	1.4	-	-	-	-	-	-	2000	0.17	-	-			51.8	
IDE107	Sukun tua	KZGPI -1990	67.8	126	1.6	0.2	24.5	1.5	1	37	47	1.6	-	-	-	-	-	-	-	0.18	-	-			58.4	
IDE108	Vigus	KZGMI -2001	88	44	2.4	0.1	83	-	1.2	30	20	0.3	2	180	0.1	2	-	-	32	0.26	0.01	-			43	
IDE109	Wani	KZGPI -1990	81.2	74	0.8	0.3	17.1	3.1	0.6	66	29	1.2	-	-	-	-	-	-	-	0.08	-	-			80	
IDE110	Dodol nanas	KZGMI -2001	16.1	338	1.5	1.2	80.3	-	0.9	-	-	-	-	-	-	-	-	-	1240	-	-	-			8	
IDE111	Getuk pisang	KZGPI -1990	63.7	144	1.1	0.4	34.1	0.4	0.7	48	32	1	-	-	-	-	-	-	1464	0.55	-	-			0	
IDE112	Keripik lampung	KZGPI -1990	5	485	1.7	2.22	69.7	0.6	1.5	43	65	0.8	-	-	-	-	-	-		0.34	-	-			0	
IDE113	Ladre pisang	KZGPI -1990	3.6	405	4.8	5.1	84.9	0.4	1.6	59	124	2.6	-	-	-	-	-	3.6	7330	0.41	-	-				
IDE114	Lempog durian	KZGPI -1990	25.2	320	3.5	5.7	63.7	4.9	1.9	190	93	2.5	-	-	-	-	-	-	-	0.05	-	-				
IDE115	Raca-rada taipa	KZGMI -2001	86.7	49	1.6	0.3	10	-	1.4	11	48	3	426	42	0.5	0.5	-	13	-	0.18	0.04	-				
IDE116	Sale kesemek	KZGMI -2001	25	296	1.1	0.6	71.4	-	1.8	-	-	-	--	-	-	-	-	-	-	-	-	-				
IDE117	Sale pisang, cilacap	KZGPI -1990	27.1	295	2.3	2.1	66.9	1.3	1.7	47	97	2.8	-	-	-	-	-	-	296	0.14	-	-				
IDE118	Sale pisang siam	KZGPI -1990	28.9	281	2.4	0.7	66.1	1	2	41	64	1.2	-	-	-	-	-	-	272	0.10	-	-				
	Masakan																									
IDE119	Barongko	KZGMI -2001	66.7	159	3.1	5.8	23.5	-	0.7	35	65	1.2	46	78	0.3	0.6	-	-	-	-	-	-				
IDE120	loka anjoro	KZGMI -2001	63.3	163	1.1	4.3	30	-	1.3	-	-	-	-	-	-	-	-	-	-	-	-	-				
IDE121	Rujak aceh	KZGMI -2001	78.7	83	0.4	0.3	19.7	2.4	0.9	-	-	-	-	-	-	-	-	10	-	0.22	0.03	-				
IDE122	Sanggara belanda	KZGMI -2001	47.1	242	6.4	7.1	38.2	-	1.2	-	-	-	-	-	-	-	-	-	-	-	-	-				

F. DAGING, UNGGAS DAN HASIL OLAHNYA

Kode	NAMA BAHAN MENTAH, MASAK	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																							
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	β KROTEN	KAROTEN TOTAL	TIAMIN	RIBOFLAVIN	NIASIN	Nilai Vit.A	Vit. B1	Vit. C.	b.d.d
			g	kkal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	ug	ug	ug	ug	mg	mg	mg	S.I.	mg	mg	%
IDF001	Angsa	DKBM-1981	51.1	354	16.4	31.5	0	-	-	15	188	1.8	-	-	-	-	-	-	-	-	-	-	(900)	0.10	0	60
IDF002	Ayam	DKBM-1981	55.9	302	18.2	25.0	0	-	-	14	200	1.5	-	-	-	-	-	-	-	-	-	-	810	0.08	0	58
IDF003	Babat	DKBM-1981	76.7	113	17.6	4.2	0	-	-	12	144	1.0	-	-	-	-	-	-	-	-	-	-	0	(0.15)	0	100
IDF004	Bebek (itik)	DKBM-1981	54.3	326	16.0	28.6	0	-	-	15	188	1.8	-	-	-	-	-	-	-	-	-	-	(900)	0.10	0	60
IDF005	Bebek alabio	KZGMI -2001	57	303	11.3	27	3.7	-	1	20	293	4.8	50	260	0.7	2	-	-	-	0.36	0.04	-			-	
IDF006	Bebek rogeng	KZGMI -2001	48.8	306	24	20.7	4.5	-	2	170	170	4.1	34	6	0.41.2	3	-	-	-	-	-	-			-	
IDF007	Belibis	KZGMI -2001	71.3	131	20.2	4.3	2.8	-	1.4	8	192	9.6	46	104	-	16	-	-	-	0.37	0.08	-			-	
IDF008	Daging anak sapi gemuk	DABM-1964	62	184	18.8	14	0	-	5.2	10	200	2.2	-	-	-	-	12	-	--	0.13	-	-			-	
IDF009	Daging anak sapi kurus	DABM-1964	67	174	19.6	10	0	-	1.4	11	201	2.9	-	-	-	-	6	-	-	0.08	-	-			0	
IDF010	Daging anak sapi	DKBM-1981	68.0	190	19.1	12.0	0	-	-	11	193	2.9	-	-	-	-	-	-	-	-	-	-	(40)	0.14	0	100
IDF011	Daging babi gemuk	DKBM-1981	42.0	457	11.9	45.0	0	-	-	7	117	1.8	-	-	-	-	-	-	-	-	-	-	0	0.58	0	100
IDF012	Daging babi kurus	DKBM-1981	50.0	376	14.1	35.0	0	-	-	8	151	2.1	-	-	-	-	-	-	-	-	-	-	0	0.67	0	100
IDF013	Daging domba gemuk	DABM-1964	55.8	317	15.7	27.7	0	-	1	9	157	2.4	-	-	-	-	0	-	-	0.14	-	-			0	
IDF014	Aging domba	DKBM-1981	66.3	206	17.1	14.8	0	-	-	10	191	2.6	-	-	-	-	-	-	-	-	-	-	Ø	0.15	0	100
IDF015	Daging kambing	DKBM-1981	70.3	154	16.6	9.2	0	-	-	11	124	1.0	-	-	-	-	-	-	-	-	-	-	Ø	0.09	0	100
IDF016	Daging kelinci	FCTEA-1972	74.3	142	16.9	7.8	0	0	1	7	350	-	-	-	-	-	0	0	0	-	-	--			-	
IDF017	Daging kerbau	DKBM-1981	84.0	84	18.7	0.5	0	-	-	7	151	2.0	-	-	-	-	-	-	-	-	-	-	0	0.02	0	100
IDF018	Daging kuda	DKBM-1981	76.0	118	18.1	4.1	0.9	-	-	10	150	(2.7)	-	-	-	-	-	-	-	-	-	-	0	0.07	0	100
IDF019	Daging sapi gemuk	DABM-1964	60	273	17.5	22	0	-	0.5	10	150	2.6	93	267	-	-	12	-	-	0.08	-	-			0	
IDF020	Daging sapi kurus	DABM-1964	69	174	19.6	10	0	-	1.4	11	181	2.9	83	489	-	-	6	-	-	0.07	-	-			0	
IDF021	Daging sapi	DKBM-1981	66.0	207	18.8	14.0	0	-	-	11	170	2.8	-	-	0.1	-	-	-	-	-	-	-	30	0.08	0	100
IDF022	Daleman	KZGMI -2001	70.1	183	12	14.4	1.4	-	2.1	43	319	1.8	277	160	-	0.8	-	-	-	0.31	0.22	-			-	
IDF023	Dideh (darah ayam)	DKBM-1981	82.0	77	13.8	1.9	0.7	-	-	(15)	9	1.3	-	-	-	-	-	-	-	-	-	-	(50)	0.02	0	100
IDF024	Dideh (darah sapi)	DKBM-1981	75.6	104	21.9	1.1	0	-	-	7	24	1.3	-	-	-	-	-	-	-	-	-	-	(50)	Ø	0	100
IDF025	Ginjal babi	DKBM-1981	77.1	114	16.3	4.6	0.8	-	-	11	246	8.0	-	-	-	-	-	-	-	-	-	-	130	0.58	13	100
IDF027	Ginjal domba	DKBM-1981	77.8	105	16.6	3.3	1.0	-	-	13	237	9.2	-	-	-	-	-	-	-	-	-	-	(1150)	0.51	13	100
IDF028	Ginjal sapi	DKBM-1981	74.9	141	15.0	8.1	0.9	-	-	9	221	7.9	-	-		-	-	-	-	-	-	-	(1150)	0.37	13	100

F. DAGING, UNGGAS DAN HASIL OLAHNYA

Kode	NAMA BAHAN MENTAH, MASAK	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																							
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	β KROTEN	KAROTEN TOTAL	TIAMIN	RIBOFLAVIN	NIASIN	Nilai Vit.A	Vit. B1	Vit. C.	b.d.d
			g	kkal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	ug	ug	ug	ug	mg	mg	mg	S.I.	mg	mg	%
IDF029	Hati babi	DKBM-1981	72.3	134	19.7	4.8	1.7	-	-	10	362	18.0	-	-	-	-	-	-	-	-	-	-	14200	0.40	23	100
IDF030	Hati sapi	DKBM-1981	69.7	136	19.7	3.2	6.0	-	-	7	358	6.6	-	-	-	-	-	-	-	-	-	-	43900	0.26	31	100
IDF031	Keleponan	KZGMI -2001	83.8	84	10.5	4.6	0.2	-	0.9	20	13	2.1	73	318	0.2	1.7	857	-	-	-	-	0.3			-	
IDF032	Otak	DKBM-1981	78.9	125	10.4	8.6	0.8	-	-	16	330	3.6	-	-	-	-	-	-	-	-	-	-	0	0.23	18	100
IDF033	Punai goreng	KZGMI -2001	54.5	224	26.2	11.3	4.4	-	6	362	362	3.1	2	19	0.3	1.6	-	-	-	-	-	-			-	
IDF034	Sarang burung	DKBM-1981	24.8	281	37.5	0.3	32.1	-	-	485	18	3.0	-	-	-	-	-	-	-	-	-	-	0	Ø	0	100
IDF035	Ulat sagu pangang	KZGMI -2001	41.3	380	11.9	30.3	14.9	-	1.6	30	120	1.5	260	550	3.1	14.2	-	-	-	0.5	-	0.1			-	
IDF036	Ulat sagu segar	KZGMI -2001	65.9	241	5.8	21.6	5.8	-	0.9	20	70	0.5	210	210	1	7.7	-	-	-	-	-	0.1			-	
IDF037	Usus sapi	DKBM-1981	76.7	130	14.0	7.2	1.5	-	-	14	115	4.0	-	-	-	-	-	-	-	-	-	-	(200)	0.08	0	100
	Terolah, produk																									
IDF038	Abon sapi	KZGPI -1990	7.1	212	18	10.6	59.3	7.5	4.7	150	209	12.3	-	-	-	-	0	-	138	0.17	-	-			0	
IDF039	Abon sapi, asli	KZGPI -1990	24.8	358	14.6	16.1	38.6	2.5	5.8	165	136	14.6	-	-	-	-	3	-	144	0.13	-	-			0	
IDF040	Daging asap	DKBM-1981	60.0	191	32.0	6.0	0	-	-	15	300	5.0	-	-	-	-	-	-	-	-	-	-	(20)	0.12	0	100
IDF041	Daging kornet	DKBM-1981	53.0	241	16.0	25.0	0	-	-	10	170	4.0	-	-	-	-	-	-	-	-	-	-	0	0.01	0	100
IDF042	Dendeng buaya	KZGMI -2001	12.3	365	49.6	4.8	30.8	-	2.5	60	130	4.3	500	680	0.2	11.6	-	-	-	-	-	0.2			-	
IDF043	Dendeng daging sapi	DKBM-1981	25.0	433	55.0	9.0	0	-	-	(30)	(370)	(5.1)	-	-	-	-	-	-	-	-	-	-	0	(0.10)	0	100
IDF044	Dendeng itik alabio	KZGMI -2001	12.7	496	30.4	33.5	18.4	-	5.1	135	370	12.5	1081	478	0.7	0.3	-	-	-	-	-	-			-	
IDF045	Dendeng menjangan	KZGMI -2001	14.3	322	55.8	2	22.7	-	5.3	55	310	2.1	765	1282	1.7	3.2	3391	-	-	-	-	-			-	
IDF046	Dendeng paru	KZGMI -2001	9.7	360	57.3	6	19.2	-	7.8	126	903	21.1	1483	864	1.2	6.1	2827	-	-	-	-	-			-	
IDF047	Dendeng rusa	KZGMI -2001	18.3	536	40.5	41.5	0	-	2.5	90	420	12.4	130	690	0.3	10.7	285	-	-	-	-	0.2			-	
IDF048	Ham	DKBM-1981	42.0	389	16.9	35.0	(0.3)	-	-	10	136	2.5	-	-	-	-	-	-	-	-	-	-	0	0.70	0	100
IDF049	Kerupuk urat	KZGMI -2001	3.6	588	53.7	40.9	1.2	-	0.6	36	15	1.3	1024	37	0.1	0.2	2802	-	-	-	-	-			-	
IDF050	Kerupuk kulit kerbau	DKBM-1981	15.0	422	83.0	4.0	0	-	-	(5)	(10)	0	-	-	-	-	-	-	-	-	-	-	0	0	0	100
IDF051	Lemak babi (bacon)	DKBM-1981	20.0	630	9.1	65.0	1.1	-	-	13	108	0.8	-	-	-	-	-	-	-	-	-	-	0	0.38	0	100
IDF052	Sosis daging (worst)	DKBM-1981	37.6	452	14.5	42.3	2.3	-	-	28	61	1.1	-	-	-	-	-	-	-	-	-	-	0	0.10	0	100
IDF053	Sosis hati (laverworst)	DKBM-1981	76.7	387	16.0	22.0	3.0	-	-	20	150	4.0	-	-	-	-	-	-	-	-	-	-	4000	0.20	0	100

F. DAGING, UNGGAS DAN HASIL OLAHNYA

Kode	NAMA BAHAN MENTAH, MASAK	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																							
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	β KROTEN	KAROTEN TOTAL	TIAMIN	RIBOFLAVIN	NIASIN	Nilai Vit.A	Vit. B1	Vit. C.	b.d.d
			g	kkal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	ug	ug	ug	ug	mg	mg	mg	S.I.	mg	mg	%
	Masakan																									
IDF054	Ampela goreng, ayam goreng	KZGMS-1993	4.8	270	32.3	11.2	9.9	-	1.8	129	314	4.9	979.7	-	-	-	56	-	0	0.21						
IDF055	Church Texas, dada ayam goreng church, texas	KZGPI -1990	42.2	338	35.2	20.6	0.4	0	1.5	79	221	5.6	-	-	-	-	16	-	80	0.52						
IDF056	Paha ayam goreng church texas	KZGPI -1990	50.3	287	31	15.7	1.7	0	1.3	99	176	4.1	-	-	-	-	22	-	30	0.66						
IDF057	Sayap ayam goreng kalasan	KZGPI -1990	47.2	295	34	16	1.5	0	1.3	81	179	3	-	-	-	-	13	-	50	0.44						
IDF058	Paha ayam goreng Kentucky	KZGPI -1990	46.2	275	37.4	12.2	1.3	0	2.9	116	237	5.8	-	-	-	-	10	-	50	0.1						
IDF059	Dada ayam goreng Kentucky	KZGPI -1990	46.5	298	34.2	16.8	0.1	0	2.5	90	284	5.5	-	-	-	-	36	-	50	0.19						
IDF060	Paha ayam goreng Kentucky	KZGPI -1990	48.7	286	32.1	16.1	1.1	0	2.0	89	248	6.9	-	-	-	-	31	-	20	0.5						
IDF061	Sayap ayam goreng mbok berek	KZGPI -1990												-	-	-	22	-	70	0.73						
IDF062	Dada ayam goreng pasundan	KZGPI -1990	43.4	295	39.2	13.6	1	0	2.8	114	278	5.4	-	-	-	-	8	-	50	0.19						
IDF063	Sayap ayam goreng pasundan	KZGPI -1990	50.1	246	37.9	9	0.7	0	2.3	90	260	7.5	-	-	-	-	6	-	70	0.16						
IDF064	Paha ayam goreng pioneer	KZGPI -1990	52.8	245	33.1	11.4	0.3	0	2.5	90	283	7.3	-	-	-	-	8	-	40	0.37						
IDF065	Dada ayam goreng sukabumi	KZGPI -1990	44.5	295	37.4	14.7	0.6	0	2.7	108	236	6.8	-	-	-	-	16	-	80	0.1						
IDF066	Paha ayam goreng sukabumi	KZGPI -1990	49.8	244	36.7	9.2	1	0	3.4	81	154	6.1	-	-	-	-	20	-	80	0.66						
IDF067	Paha	KZGPI -1990	46	283	35.7	14.3	0.5	0	3.6	68	106	5.4	-	-	-	-	11	-	60	0.36						
IDF068	Ayam taliwang	KZGMI -2001	57.5	264	18.2	20.1	2.7	-	1.5	94	164	2	507	408	0.4	12.3	1067	-	-	-						
IDF069	Babi hutan masak rica	KZGMI -2001	56.2	491	24.6	16.3	0.2	-	2.7	18	144	1.2	1415	327	0.2	2.6	2193	-	-	0.61						
IDF070	Beef burger	KZGMS-1993	45.5	258	10.6	9.5	32.5	0.4	2.2	210	157	2.6	572.2	-	-	-	218	-	7580	0.95						
IDF071	Beef teriyaki	KZGMS-1993	65.1	151	8.6	3.1	22.3	0.3	0.9	142	62	2.3	376.8	-	-	-	22	-	400	0.53						

F. DAGING, UNGGAS DAN HASIL OLAHNYA

Kode	NAMA BAHAN MENTAH, MASAK	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																							
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	β KROTEN	KAROTEN TOTAL	TIAMIN	RIBOFLAVIN	NIASIN	Nilai Vit.A	Vit. B1	Vit. C.	b.d.d
			g	kkal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	ug	ug	ug	ug	mg	mg	mg	S.I.	mg	mg	%
IDF072	Beef yakiniku	KZGMS-1993	67.7	132	98	1.1	20.7	3	0.8	302	67	2	408.9	-	-	-	78	-	700	0.62	-	-				
IDF073	Bulgogi	KZGMS-1993	84.2	72	11.4	4.9	1.4	17	0.7	214	86	2.5	508.6	-	-	-	17	-	-	1.68	-	-				
IDF074	Chicken teriyaki	KZGMS-1993	68.2	168	13	9.6	7.5	8	1.7	137	106	3.1	958.5	-	-	-	68	-	2200	0.65	-	-				
IDF075	Chikiniku	KZGMS-1993	65.4	143	98	1.4	22.8	4	0.6	301	63	2.0	531.4	-	-	-	27	-	1280	0.73	-	-				
IDF076	Coto mangkasara, kuda	KZGMI -2001	83.5	96	68	5.9	3.8	-	0.9	11	106	2.3	96	31	0.1	1	-	-	-	0.23	0.14	4.2				
IDF077	Cotomangkasara, sapi	KZGMI -2001	85.9	84	6	6	1.4	-	0.7	8	104	4	90	25	0.3	0.6	-	-	-	0.16	0.14	10.3				
IDF078	Djibokum	KZGMS-1993	43.4	248	10	2.3	40.9	1	3.4	116	110	2.8	400.5	-	-	-	52	-	1920	0.75	-	-				
IDF079	Empal goreng	KZGMS-1993	43.9	248	36.2	6.9	10.1	-	2	131	235	6.4	847.5	-	-	-	112	-	620	0.55	-	-				
IDF080	Gulai kambing	KZGMI -2001	78.4	126	42	9.4	6.2	-	1.8	45	73	1.3	302	138	0.2	1.1	151	-	-	0.13	0.01	-				
IDF081	Hati ayam	KZGMS-1993	53.4	261	27.4	16.1	1.6	-	1.5	118	373	15.8	1068.2	-	-	-	4957	-	28000	0.64	-	4.11				
IDF082	Jangang bintatoeng	KZGMI -2001	73.6	167	53	2.2	16.5	-	2.4	64	61	2.5	482	406	0.2	0.8	-	-	-	0.18	0.02	3.4				
IDF083	Kalio ayam kalio jeroan	KZGMS-1993	64.7	203	16	13.5	4.4	-	1.4	278	177	4.2	533.6	-	-	-	105	-	3780	0.35	-	-				
IDF084	Kalio kikil (tunjang)	KZGMS-1993	68.9	163	16.5	9	4.1	-	1.5	102	268	7.1	569.5	-	-	-	298	-	1960	0.7	-	-				
IDF085	Kalio otak	KZGMS-1993	75.3	122	13.8	5.7	3.9	-	1.3	154	59	3.4	518.5	-	-	-	36	-	1440	0.38	-	-				
IDF086	Lawar babi	KZGMS-1993	70.3	157	81	8.8	11.4	-	1.4	212	69	3.3	603.6	-	-	-	32	-	1040	0.45	-	-				
IDF087	Lawar penyu	KZGPI -1990	68.8	174	17	1.0	3	0	1.2	61	141	3	-	-	-	0	-	0	-	0.1	-	0				
IDF088	Lawara jangang	KZGPI -1990	66.3	141	23	1.5	7.6	0	1.6	69	141	6	-	-	-	0	-	0	-	0.1	-	0				
IDF089	Naan marah sapi	KZGMI -2001	72.4	159	5	10.9	10.1	-	1.6	57	107	1.5	400	2368	0.1	1	14	-	-	0.25	0.16	-				
IDF090	Nasu liku	KZGMI -2001	14.8	478	38.3	33.9	5.1	-	7.9	30	390	11.8	220	320	0.6	3.9	33	-	-	-	-	0.2				
IDF091	Oramu ninahu ndawa	KZGMI -2001	59	196	14.5	8.3	15.9	-	2.3	69	157	1	386	470	0.3	2	-	-	-	0.2	0.24	1.5				
IDF092	Olaho	KZGMI -2001	74.9	117	13.7	5	4.3	-	1	964	804	2	-	727	0.3	1.5	4095	-	-	0.77	0.04	1.7				
IDF093	Paniki masakh santan	KZGMI -2001	25.4	460	28.5	35.2	7.2	-	3.7	188	357	5.5	2002	532	0.4	2.5	954	-	-	0.27	0.19	-				
IDF094	Pelolah manuk	KZGMI -2001	60	219	19.7	13.6	4.4	-	2.3	33	160	1.6	577	-	-	-	137	-	1940	0.42	-	-				
IDF095	Paru goreng	KZGMS-1993	45.5	268	23.9	12.7	14.5	-	3.1	102	315	8.8	923.1	299	0	1.5	790	-	-	-	-	-				
IDF096	Rawon	KZGMS-1993	86	60	54	2.5	4	-	2.1	272	153	3.3	-	-	-	-	10	-	1235	0.09	-	-				
IDF097	Rendang sapi	KZGPI -1990	57.9	193	22.6	7.9	7.8	0	3.8	474	211	14.9	-	-	-	-	21	-	534	0.12	-	0				
IDF098	RW, anjing	KZGMI -2001	60.8	198	24.6	10.7	0.9	-	3	1071	876	4	1604	266	0.1	2.8	256	-	-	0.35	0.2	-				

F. DAGING, UNGGAS DAN HASIL OLAHNYA

Kode	NAMA BAHAN MENTAH, MASAK	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																							
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	β KROTEN	KAROTEN TOTAL	TIAMIN	RIBOFLAVIN	NIASIN	Nilai Vit.A	Vit. B1	Vit. C.	b.d.d
			g	kkal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	ug	ug	ug	ug	mg	mg	mg	S.I.	mg	mg	%
IDF099	Sate, penyu	KZGPI -1990	57.4	179	22.5	3.5	13.3	0	3.3	187	238	14.4	-	-	-	0	-	0	-	0.1	-	0			-	
IDF100	Sate pusut	KZGMI -2001	52.1	274	12.9	18.6	13.6	-	2.8	63	190	2.7	609	-	-	-	133	0	-	0.06	-	0			-	
IDF101	Penyu, serapah	KZGPI -1990	71.3	174	13.1	12.2	2.2	0	1.2	72	186	9.5	-	507	0.8	2.4	1302	-	-	-	-	-			-	
IDF102	Sie reuboh	KZGMI -2001	32.4	474	11.2	42.5	11.7	-	2.2	26	62	1.3	677	176	2.4	3.2	141	9.2	-	0.46	0.26	-			-	
IDF103	Sop buntut	KZGMS-1993	86.1	71	7.5	3.6	2.2	-	0.6	286	38	3.2	489.7	-	-	-	119	-	2900	0.14	-	-			0	
IDF104	Sop daging sapi	KZGMS-1993	87.5	49	5.8	0.5	5.3	-	0.9	158	48	2.2	390.5	-	-	-	101	-	3320	0.37	-	-			0	
IDF105	Sop kaki sapi	KZGMS-1993	84.5	68	9	1.9	3.7	-	0.9	302	15	2.2	434.7	-	-	-	48	-	150	0.46	-	-			0	
IDF106	Sop kambing	KZGMS-1993	91.6	34	5.5	0.8	1.1	-	1	145	37	1.6	347.5	-	-	-	48	-	80	0.57	-	-			0	
IDF107	Sop konro	KZGMI -2001	85	71	7.4	2.6	4.5	-	0.5	17	60	4.6	184	25	0.3	1.3	-	-	-	0.12	0.02	10.9			0	
IDF108	Sop saudara	KZGMI -2001	82.4	89	7.2	5	3.9	-	1.5	10	174	9	274	50	0.2	1.1	-	-	-	0.09	0.12	2			0	
IDF109	Soto bandung	KZGPI -1990	89.9	42	3.9	1.7	2.8	0.4	1.8	74	75	1.8	-	-	-	-	6	20	0.05	-	-	0			0	
IDF110	Soto banjar	KZGMI -2001	83.7	110	2.9	9.5	3.2	-	0.7	28	28	0.3	36	6	+/-	0.2	12	-	770	0.05	-	-			0	
IDF111	Soto betawi	KZGPI -1990	75.9	135	2.5	8.8	11.5	0.5	1.3	222	72	1.9	-	-	-	-	6	-	336	0.04	-	0			0	
IDF112	Soto jeroan	KZGMS-1993	81.4	92	11.8	4.3	1.4	-	1.1	218	48	1.9	363.3	-	-	-	85	-	440	0.36	-	-			0	
IDF113	Soto kudus	KZGPI -1990	91.6	38	2.6	2.3	1.8	0.2	1.7	237	67	1.7	-	-	-	-	23	-	128	0.06	-	0.5			0	
IDF114	Soto Madura	KZGPI -1990	89.8	60	3.5	4.5	1.3	0	0.9	361	126	3.8	-	-	-	-	26	-	121	0.06	-	0			0	
IDF115	Soto padang	KZGPI -1990	75	127	5.9	6.6	1.1	0.7	2	298	94	1.5	-	-	-	-	12	-	204	0.22	-	0			0	
IDF116	Soto pekalongan	KZGPI -1990	83.8	94	3	6.8	5.1	0.3	1.3	322	79	2	-	-	-	-	14	-	119	0.29	-	0			0	
IDF117	Soto pemalang	KZGPI -1990	86	75	3.6	5.2	3.5	0	1.7	170	80	2.1	-	-	-	-	16	-	30	0.13	-	0			0	
IDF118	Soto sukaraja	KZGPI -1990	75.9	80	3.2	3.5	9	0.3	1.1	347	77	2.3	-	-	-	-	12	-	89	0.04	-	0			0	
IDF119	Soto sulung	KZGPI -1990	88.1	86	2.3	8.5	0	0	1.1	200	120	2.9	-	-	-	-	20	-	105	0.08	-	0			0	
IDF120	Sukiyaki	KZGMS-1993	81	75	5.6	0.4	12.2	0.3	0.8	109	59	0.5	426.2	-	-	-	41	-	1200	0.37	-	-			0	
IDF121	Tedong pallu basa	KZGMI -2001	81.7	83	10.4	3.4	2.8	-	1.7	10	139	2.6	397	34	0.6	1.3	-	-	-	0.09	0.53	9			0	
IDF122	Tikus rica	KZGMI -2001	54.9	257	18.8	18.5	3.8	-	4	232	293	6.5	1724	308	0.5	2.3	674	-	-	0.28	0.38	-			-	
IDF123	Tinoransa	KZGMI -2001	31.6	516	17.7	49.5	0	-	1.2	698	648	3.5	1307	320	0.1	1.8	710	-	-	0.29	0.17	-			-	
IDF124	Usus ayam, goreng	KZGPI -1990	4.6	473	45.2	26.3	13.9	0	10.1	1407	458	8.4	-	-	-	-	6	-	224	0.57	-	0			-	

G. IKAN DAN HASIL OLAHNYA

Kode	NAMA BAHAN MENTAH, MASAK	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																							
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	β KROTEN	KAROTEN TOTAL	TIAMIN	RIBOFLAVIN	NIASIN	Nilai Vit.A	Vit. B1	Vit. C.	b.d.d
			g	kkal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	ug	ug	ug	ug	mg	mg	mg	S.I.	mg	mg	%
IDG001	Bader	DKBM-1981	66.0	198	19.0	13.0	0	-	-	48	(150)	0.4	-	-	-	-	-	-	-	-	-	-	(150)	0.10	0	(80)
IDG002	Balong	KZGPI -1990	76.5	107	16.5	3.9	1.5	0	1.5	54	202	2	-	-	-	-	25	-	0	0.05	-	-			0	
IDG003	Bambangan	KZGPI -1990	73.7	112	20	1.3	3.7	0	1.3	98	120	3	-	-	-	-	0	-	0	0.07	-	-			0	
IDG004	Bandeng	DKBM-1981	74.0	129	20.0	4.8	0	-	-	(20)	(150)	(2.0)	-	-	-	-	-	-	-	-	-	-	(150	(0.05)	0	(80)
IDG005	Banjar	KZGPI -1990	73.5	111	19.4	0.9	4.8	0	1.4	68	278	7.3	-	-	-	-	0	-	0	0.03	-	-			0	
IDG006	Baronan	KZGMI -2001	80	78	14.5	0.6	3.7	-	1.2	26	521	3.8	26	692	4.7	4.1	732	-	-	0.2	0.04	-			0	
IDG007	Bakung	KZGMI -2001	75.7	115	14.5	4.6	4.2	-	1.1	+/-	207	+/-	42	361	0.2	0.9	-	-	-	1.2	0.04	-			-	
IDG008	Baung	KZGMI -2001	74.9	123	15.1	5.5	3.3	-	1.2	5	146	1.3	32	349	0.1	0.7	-	-	-	0.2	0.03	-			-	
IDG009	Baung bakar	KZGMI -2001	69.8	144	17.8	5.8	5.2	-	1.4	18	169	+/-	168	236	0.1	0.7	-	-	-	0	0	-			-	
IDG010	Bawal	DKBM-1981	78.0	96	19.0	1.7	0	-	-	(20)	(150)	(2.0)	-	-	-	-	-	-	-	-	-	-	(150)	(0.05)	0	(80)
IDG011	Bekasang	DKBM-1981	69.0	138	14.0	0.7	7.4	-	-	(40)	(80)	(2.0)	-	-	-	-	-	-	-	-	-	-	(100)	(0.05)	0	100
IDG012	Belida	KZGMI -2001	79.2	80	14.7	1.4	2.2	-	2.3	303	315	+/-	41	356	+/-	0.8	-	-	-	1.2	0.14	-			-	
IDG013	Belida bakar	KZGMI -2001	68.2	128	18	3	7.2	-	3.6	58	134	0	293	198	0.1	0.4	-	-	-	1.8	0.17	-			-	
IDG014	Belut	KZGMI -2001	81.5	70	14.6	0.8	1	-	2.1	49	155	1.5	55	169	0.2	1.2	-	-	-	0.22	0.12	-			-	
IDG015	Belut goreng	KZGPI -1990	11.2	417	25.9	19.4	3.2	0	11.5	840	872	4.9	-	-	-	-	0	-	0	0	-	-			0	
IDG016	Belut laut	KZGPI -1990	79.5	93	12.8	15	6.1	0	4.1	60	199	3	-	-	-	-	51	-	71	0.06	-	-			0	
IDG017	Beunteur	DKBM-1981	84.0	66	14.0	0	0	-	-	(40)	(150)	(2.0)	-	-	-	-	-	-	-	-	-	-	(150)	(0.02)	0	(80)
IDG018	Biawan	KZGMI -2001	79.1	90	14.9	2.5	2.1	-	1.4	125	265	1	35	207	0.4	0.6	-	-	-	0.36	0.03	-			-	
IDG019	Bili	KZGMI -2001	68.3	88	14.2	0.7	6.2	-	10.6	27	1760	1.5	217	202	+/-	4.1	-	-	-	0.72	0.09	-			-	
IDG020	Bubara	KZGMI -2001	75.5	100	14.7	2.4	4.9	-	1.6	90	90	0.4	390	390	0.7	0.8	-	-	-	-	-	-			-	
IDG021	Bulan-bulan	KZGMI -2001	66.7	134	25.5	1.3	5	-	1.5	29	29	0.5	197	489	0.1	0.5	-	-	-	0.3	0.02	0.8			-	
IDG022	Cakalang	KZGMI -2001	73	107	19.6	0.7	5.5	-	1.2	23	242	2.9	66	239	0.2	0.6	386	-	-	0.17	0.05	21.7			0	
IDG023	Cakalang, hati	KZGMI -2001	73.4	120	11.3	3.9	1.0	-	1.4	30	30	0.9	420	280	1.6	4.3	-	-	-	-	-	0.2			-	
IDG024	Cakalang, jantung	KZGMI -2001	76.3	116	11.2	1.2	10.2	-	1.1	10	40	3.4	360	250	0.5	1.9	908	-	-	-	-	0.1			0	
IDG025	Cakalang, perut	KZGMI -2001	79.4	86	10.2	1.1	8.7	-	0.9	20	110	2.1	230	210	0.3	9.3	-	-	-	0.24	-	0.3			-	
IDG026	Cumi-cumi	KZGPI -1990	82.2	75	16.1	0.7	0.1	0	0.9	32	200	1.8	-	-	-	-	0	-	0	0.08	-	-			0	
IDG027	Cumi-cumi goreng	KZGPI -1990	54.2	265	40.6	10.1	0	0	3.1	62	270	2.7	-	-	-	-	0	-	0	0.09	-	-			0	
IDG028	Cue selar kuning	DKBM-1981	59.0	145	27.0	3.3	0	-	-	(50)	(100)	(2.0)	-	-	-	-	-	-		-	-	-	(150)	(0.10)	0	(90)

G. IKAN DAN HASIL OLAHNYA

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			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	β KROTEN	KAROTEN TOTAL	TIAMIN	RIBOFLAVIN	NIASIN	Nilai Vit.A	Vit. B1	Vit. C.	b.d.d
			g	kkal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	ug	ug	ug	ug	mg	mg	mg	S.I.	mg	mg	%
IDG029	Ekor kuning	KZGMI -2001	70.0	109	17.0	4.0	0	-	-	(500)	(500)	(1.0)	-	-	-	-	-	-	-	-	-	-	(150)	(0.05)	0	80
IDG030	Gabus kering	DKBM-1981	24.0	292	58.0	4.0	0	-	-	15	100	0.7	-	-	-	-	-	-	-	-	-	-	(100)	0.10	0	(80)
IDG031	Gabus segar	DKBM-1981	69.4	74	25.2	1.7	0	-	-	62	176	0.9	-	-	-	-	-	-	-	-	-	-	(150)	0.04	0	64
IDG032	Heu	KZGMI -2001	75.6	81	10	1.6	6.6	-	6.2	1910	990	2.1	240	210	1	2.7	-	-	-	0.87	-	0.2			-	
IDG033	Hitam	KZGMI -2001	78.2	101	10.3	3.7	6.7	-	1.1	50	140	0.4	70	210	-	0.4	67	-	-	-	-	0.1			-	
IDG034	Hiu	DKBM-1981	78.3	89	20.1	0.3	0	-	-	25	208	0.9	-	-	-	-	-	-	-	-	-	-	(150)	0.01	0	49
IDG035	Ikan segar	DKBM-1981	76.0	113	17.0	4.5	0	-	-	20	200	1.0	-	-	-	-	-	-		-	-	-	150	0.05	0	(80)
IDG036	Kacangan	KZGPI -1990	80.7	77	15.6	0.9	1.6	0	1.2	94	170	17	-	-	-	-	18.1	-	0	0.07	-	-			0	
IDG037	Kakap	DKBM-1981	77.0	92	20.0	(0.7)	0	-	-	(20)	(200)	1.0	-	-	-	-	-	-	-	-	-	-	30	0.05	0	(80)
IDG038	Kakatua	KZGMI -2001	79.7	82	11.4	1.2	6.4	-	1.3	20	160	0.4	90	300	1	0.3	18	-	-	-	-	-.			-	
IDG039	Kalaban	KZGMI -2001	80.3	77	16.4	0.7	1.3	-	1.3	182	248	0.9	40	334	7	0.8	-	-	-	0.16	0.15	0.1			-	
IDG040	Kamera	KZGMI -2001	78.5	86	19.7	0.8	0	-	1.3	50	170	0.3	90	290	3	0.1	26	-	-	-	-	-			-	
IDG041	Kapar	KZGMI -2001	74.2	132	17	6.7	0.8	-	1.3	151	272	1.2	78	229	9	0.7	-	-	-	0.07	0.03	0.2			-	
IDG042	Kawalinya	KZGMI -2001	76.1	110	12.6	4.2	5.4	-	1.7	80	300	1.5	340	300	2	1.4	146	-	-	-	-	0.2			-	
IDG043	Kembung/oci	DKBM-1981	76.0	103	22.0	(1.0)	0	-	-	(20)	(200)	(1.0)	-	-	-	-	-	-	-	-	-	-	(30)	(0.05)	0	(80)
IDG044	Keong	DKBM-1981	81.0	64	12.0	1.0	2.0	-	-	217	78	1.7	-	-	-	-	-	-	-	-	-	-	Ø	Ø	Ø	46
IDG045	Kepiting	DKBM-1981	68.1	151	13.8	3.8	14.1	-	-	210	(250)	1.1	-	-	-	-	-	-	-	-	-	-	(200)	0.05	0	45
IDG046	Kerang	DKBM-1981	85.0	59	8.0	1.1	3.6	-	-	133	(170)	3.1	-	-	-	-	-	-	-	-	-	-	(300)	0.01	Ø	20
IDG047	Keru-keru	KZGPI -1990	77.2	93	16.5	2.1	0.8	0	3.4	65	217	2.4	-	-	-	-	0	-	0	0.01	-	5.8			0	
IDG048	Kima	KZGMI -2001	82.1	70	10.8	0.7	5.2	-	1.2	53	72	2	342	101	5	0.5	401	-	-	0.22	0.05	-			-	
IDG049	Kodok	DKBM-1981	81.9	73	16.4	0.3	0	-	-	18	147	1.1	-	-	-	-	-	-	-	-	-	-	0	0.14	0	65
IDG050	Kura-kura	DKBM-1981	80.0	83	19.1	0.2	0	-	-	27	87	0.7	-	-	-	-	-	-	-	-	-	-	0	0.20	0	70
IDG051	Kuro	KZGPI -1990	79.9	87	16	2.2	1	0	0.9	75	136	1	-	-	-	-	6	-	0	0.04	-	-			0	
IDG052	Lais	KZGPI -1990	65	161	11.9	11.5	2.4	0	9.2	70	237	0	-	-	-	-	0	-	0	0.05	-	-			0	
IDG053	Lais, bakar	KZGMI -2001	69.4	147	17.5	6.5	5.4	-	1.2	54	194	0.1	142	209	-	0.5	-	-	-	-	-	-			-	
IDG054	Layang	DKBM-1981	74.0	109	22.0	1.7	0	-	-	(50)	(150)	(2.0)	-	-	-	-	-	-	-	-	-	-	(150)	(0.05)	0	(80)

G. IKAN DAN HASIL OLAHNYA

Kode	NAMA BAHAN MENTAH, MASAK	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																							
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	β KROTEN	KAROTEN TOTAL	TIAMIN	RIBOFLAVIN	NIASIN	Nilai Vit.A	Vit. B1	Vit. C.	b.d.d
			g	kkal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	ug	ug	ug	ug	mg	mg	mg	S.I.	mg	mg	%
IDG055	Layur	KZGPI -1990	80.1	82	18	1	0.4	0	0.5	48	229	2.2	-	-	-	-	4	-	0	0.04	-	-			0	
IDG056	Lehoma	KZGMI -2001	77.6	90	20.4	0.9	0	-	1.1	88	270	0.7	56	281	0.3	0.9	1047	-	-	0.32	0.03	0.2			-	
IDG057	Lemuru	DKBM-1981	76.0	112	20.0	3.0	0	-	-	(20)	(100)	1.0	-	-	-	-	-	-	-	-	-	-	(100)	(0.05)	0	(80)
IDG058	Lidah	KZGPI -1990	78.3	104	15.6	3.2	2	0	0.9	30	143	2	-	-	-	-	33	-	0	0.03	-	-			0	
IDG059	Lokan	KZGMI -2001	80.9	217	11	1.7	5.1	-	1.3	20	390	10.9	3	7	0.2	2.7	-	-	-	0.45	0.07	-			-	
IDG060	Malalugis	KZGMI -2001	75.6	99	20.6	1.4	0.9	-	1.5	164	330	0.5	76	282	0.2	0.9	661	-	-	0.3	0.02	0.5			-	
ID0G61	Mamar merah	KZGMI -2001	75	115	15.3	4	4.4	-	1.3	60	190	1.6	120	240	0.2	1	-	-	-	-	-	0.1			-	
IDG062	Mas	DKBM-1981	80.0	86	16.0	2.0	0	-	-	(20)	(150)	(2.0)	-	-	-	-	-	-	-	-	-	-	(150)	(0.05)	0	(80)
IDG063	Mas pepes	KZGPI -1990	57.5	209	15.2	11.3	11.8	0.5	4.3	686	530	6.1	-	-	-	-	3	-	315	0.13	-	-			0	
IDG064	Mayong	KZGPI -1990	78.2	97	17.9	2	0.4	0	1.5	40	100	2.5	-	-	-	-	21	-	0	0.1	-	-			0	
IDG065	Mujahir	KZGPI -1990	79.7	89	18.7	1	0	0	1.1	96	209	1.5	-	-	-	-	6	-	5	0.03	-	-			0	
IDG066	Mujahir goreng	KZGPI -1990	44.7	416	46.9	23.9	0	0	2.2	346	654	0.9	-	-	-	-	12	-	8	0.12	-	-			0	
IDG067	Mujahir pepes	KZGPI -1990	73.7	121	21.7	2.8	0.8	0	1	83	248	-	-	-	-	-	8	-	6	0	-	-			0	
IDG068	Nasu metti	KZGMI -2001	65.3	154	16.8	5	10.5	-	2.4	80	244	1.6	421	488	0.2	1.2	-	-	-	0.47	0.15	9.6			-	
IDG069	Paling, belut	DKBM-1981	58.0	303	14.0	27.0	0	-	-	20	200	1.0	-	-	-	-	-	-	-	-	-	-	(1600)	0.10	(2)	100
IDG070	Papuyu/betook	KZGMI -2001	75	120	14.3	4.9	4.6	-	1.2	329	436	1.5	240	169	0.8	1.1	-	-	-	-	0.05	-			-	
IDG071	Papuyu	KZGMI -2001	66.6	152	17.6	6.1	6.7	-	3	244	227	3.4	320	224	0.2	1	-	-	-	-	-	-			-	
IDG072	Patin	KZGMI -2001	74.4	132	17	6.6	1.1	-	0.9	31	173	1.6	77	346	0.7	0.8	-	-	-	0.2	0.03	-			-	
IDG073	Patin, bakar	KZGMI -2001	70.3	144	17.5	6.3	4.3	-	1.6	191	232	1.4	379	230	0.1	0.7	-	-	-	-	-	-			-	
IDG074	Pomo	KZGMI -2001	68.3	147	22.5	5.2	2.6	-	1.4	80	230	1.3	-	380	0.2	0.7	89	-	-	-	-	-			-	
IDG075	Puntin	KZGMI -2001	81.1	76	14.4	1.1	2.2	-	1.2	28	166	+/-	-	325	0.1	0.6	-	-	-	0.31	0.11	-			-	
IDG076	Rajungan	KZGMI -2001	80.2	76	12.1	2	2.4	-	2.7	721	214	2.2	69	192	1.7	2.9	599	-	-	0.2	0.25	0.2			-	
IDG077	Rebon, udang kecil segar	DKBM-1981	79.0	81	16.2	1.2	0.7	-	-	757	292	2.2	-	-	-	-	-	-	-	-	-	-	(60)	0.04	0	100
IDG078	Rusip	KZGPI -1990	58.5	110	11.5	2	11.7	0	16.3	479	348	7.1	-	-	-	-	0	-	0	0.4	-	-			0	
IDG079	Saluang	KZGMI -2001	74.8	113	13.9	4.9	3.4	-	3	642	646	1.9	-	182	0.8	3.6	-	-	-	0.21	0.02	-			-	
IDG080	Sarden	KZGMI -2001	72.7	109	19.9	1.8	3.4	-	2.2	95	597	1.3	266	227	0.3	2	195	-	-	0.26	0.03	-			-	
IDG081	Selar segar	DKBM-1981	75.4	100	18.8	2.2	0	-	-	40	179	0.5	-	-	-	-	-	-	-	-	-	-	(150)	0.37	0	48

G. IKAN DAN HASIL OLAHNYA

Kode	NAMA BAHAN MENTAH, MASAK	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																							
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	β KROTEN	KAROTEN TOTAL	TIAMIN	RIBOFLAVIN	NIASIN	Nilai Vit.A	Vit. B1	Vit. C.	b.d.d
			g	kkal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	ug	ug	ug	ug	mg	mg	mg	S.I.	mg	mg	%
IDG082	Sepat	KZGMI-2001	78.8	84	15.2	0.6	4.7	-	0.8	68	171	2.1	211	198	0.7	0.6	-	-	-	0.16	0.03					
IDG083	Sidat	KZGPI-1990	71.3	81	11.4	1.9	3.8	0	11.6	118	174	3	-	-	-	-	15	-	0	0	-					
IDG084	Sunu	KZGMI-2001	75.5	111	13.3	3.4	6.7	-	1.1	86	174	1.2	91	197	0	0.6	309	-	-	1.03	0.1					
IDG085	Tahuman	KZGMI-2001	74.4	88	15.9	0.9	4.1	-	1.8	221	223	+/-	24	364	0.4	0.7	-	-	-	0.2	0.25					
IDG086	Tarmon	KZGMI-2001	76.7	96	19.5	1.1	2	-	0.8	9	129	0.3	43	154	0.1	0.5	-	-	-	0.15	0.02					
IDG087	Telan	KZGMI-2001	75.3	95	15.8	0.7	6.5	-	1.7	503	354	0.2	58	294	1.6	1.2	-	-	-	0.18	0.02					
IDG088	Tembang	DKBM-1981	56.0	204	16.0	15.0	0	-	-	(20)	(200)	(2.0)	-	-	-	-	-	-		-	-	-	(100)	0.05	0	(80)
IDG089	Tempahas	KZGMI-2001	78.9	101	15.1	4.1	1	-	0.9	32	163	+/-	50	320	0.7	0.6	-	-		0.02	0.05					
IDG090	Terbang	KZGMI-2001	76.1	98	19.6	1.7	1	-	1.6	90	190	0.6	90	320	0.1	0.5	35	-	-	-	-					
IDG091	Teri segar	DKBM-1981	80.0	77	16.0	1.0	0	-	-	(500)	(500)	(1.0)	-	-	-	-	-	-	-	-	-	-	(150)	(0.05)	0	100
IDG092	Titang	KZGMI-2001	78.8	82	17.4	0.4	2.3	-	1.1	145	130	1.8	110	275	0.1	0.8	581	-	-	0.64	0.03					
IDG093	Tongkol	KZGMI-2001	74.7	100	13.7	1.5	8	-	2.1	92	606	1.7	202	227	0.2	1.6	181	-	-	0.35	0.03					
IDG094	Turi	KZGMI-2001	76.9	96	19.2	2	0.2	-	2.1	340	340	0.8	370	300	0.1	2	26	-	-	-	-					
IDG095	Udang besar	KZGMI-2001	85.5	56	11.4	0.6	1.2	-	1.3	30	20	0.3	190	210	0.4	0.8	-	-	-	0.14	-					
IDG096	Udang galah	KZGMI-2001	79	81	16.5	0.3	3	-	1.2	87	167	0.7	95	132	0.7	1.2	-	-	-	0.24	0.03		60	0.01	0	68
IDG097	Udang segar	DKBM-1981	75.0	91	21.0	0.2	0.1	-	-	136	(170)	8.0	-	-	-	-	-	-	-	-	-					
	Terolah, produk																									
IDG098	Abon haruwan	KZGMI-2001	11.6	513	23.7	37	21.3	-	6.4	25	25	0.5	61	15	+/-	0.2	-	-	-	-	-					
IDG099	Abon ikan	KZGMI-2001	64	435	27.2	20.2	36.1	-	10.1	-	-	-	-	-	-	-	-	-	-	-	-					
IDG100	Betok wadi	KZGMI-2001	69.2	145	16.3	7	4.1	-	3.4	405	523	1.8	69	203	1	1.3	-	-	-	0.22	-					
IDG101	Bandeng, presto	KZGPI -1990	45.3	296	17.1	20.3	11.3	0	6	1422	59	1.9	-	-	-	-	6	-	400	0.14	-					
IDG102	Bekicot/dendeng	KZGPI -1990	67	441	48.7	20.3	15.8	0	8.4	692	523	16.6	-	-	-	-	6	-	1408	0.56	-					
IDG103	Cakalang asap	KZGMI-2001	56.9	204	34.2	5.6	1.9	-	1.4	14	399	1.3	176	588	0.3	0.7	1546	-	-	0.53	0.07					
IDG104	Cakalang, asin	KZGPI -1990	41.7	198	36.5	2.2	5.5	0	14.1	236	346	3.7	-	-	-	-	0	-	0	0.06	-					
IDG105	Calo/peda	KZGPI -1990	71.3	81	11.4	1.9	3.8	0	11.6	743	174	22.6	-	-	-	-	15	-	0	0	-					
IDG106	Cue selar kuning	DABM -1964	59	138	27	3.3	0	0	0.7	50	100	2.0	-	-	-	-	45	-	-	0.1	-					
IDG107	Dendeng kerang	KZGPI -1990	18.3	357	41.1	10	25.6	0	5	217	904	5.2	-	-	-	-	0	-	329	0.27	-					
IDG108	Dendeng mujahir	KZGPI -1990	15.2	582	68.3	15.2	37.2	0	14.1	3258	1699	4.3	-	-	-	-	15	-	20	0.27	-					
IDG109	Dendeng teripang	KZGPI -1990	12.5	462	39.1	32.4	3.5	0	12.5	499	616	96.4	-	-	-	-	2	-	144	1.37	-	-				
IDG110	Gabus asap	KZGMI-2001	26.4	261	38.1	2.3	21.9	-	11.3	2510	1840	2.9	320	410	0.4	0.8	114	-	-	-	-	-				
IDG111	Gabus kering	DABM -1964	24	268	58	4	0	0	14	15	100	0.1	-	-	-	-	30	-	-	0.1	-	-				
IDG112	Hiu kering	KZGMI-2001	23.1	298	46.3	3.6	202	-	6.8	335	846	2.5	957	1457	0.5	2	661	-	-	0.84	0.11	2.25				
IDG113	Ikan asin, kering	DKBM-1981	40.0	193	42.0	1.5	0	-	-	200	300	2.5	-	-	-	-	-	-	-	-	-	-	Ø	0.01	0	(70)
IDG114	Ikan kayu	KZGMI-2001	23.1	302	70.7	1.9	0.4	-	3.9	313	22	4.1	345	1045	0.7	1.8	-	-	-	1.4	0.04	-				
IDG115	Ikan sanggang	KZGMI-2001	42.6	240	21.7	7.7	20.7	-	7.3	159	362	9.8	2041	159	2.5	8.8	-	-	-	0.51	0.02	-				
IDG116	Katombo, asin	KZGPI -1990	44.7	162	31.7	2.8	0.3	0	15.5	279	609	4.6	-	-	-	-	0	-	0	0.09	-	-				

G. IKAN DAN HASIL OLAHNYA

Kode	NAMA BAHAN MENTAH, MASAK	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																							
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	β KROTEN	KAROTEN TOTAL	TIAMIN	RIBOFLAVIN	NIASIN	Nilai Vit.A	Vit. B1	Vit. C.	b.d.d
			g	kkal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	ug	ug	ug	ug	mg	mg	mg	S.I.	mg	mg	%
IDG117	Kerang asap	KZGMI-2001	93	393	38.9	13.3	29.4	-	9.1	420	410	8.5	160	50	0.6	3.7	-	-	-	-	-	0.2				
IDG118	Lomak asin	KZGMI-2001	21.6	258	40.3	2.3	18.9	-	16.9	-	-	-	-	-	-	-	-	-	-	-	-	-				
IDG119	Peda banjar	DKBM-1981	46.0	156	28.0	4.0	0	-	-	174	316	3.1	-	-	-	-	-	-	-	-	-	-	110	Ø	Ø	(90)
IDG120	Pepetek	DKBM-1981	33.0	176	32.0	4.4	0	-	-	(120)	(200)	(1.0)	-	-	-	-	-	-	-	-	-	-	(50)	(0.50)	0	100
IDG121	Pindang banjar	DKBM-1981	59.0	157	28.0	4.2	0	-	-	(50)	(100)	(1.0)	-	-	-	-	-	-	-	-	-	-	(150)	(0.10)	0	(90)
IDG122	Pindang benggol	DKBM-1981	57.0	170	31.0	4.2	0	-	-	(50)	(100)	(1.0)	-	-	-	-	-	-	-	-	-	-	(150)	(0.10)	0	(90)
IDG123	Pindang layang	DKBM-1981	60.0	153	30.0	2.8	0	-	-	(60)	(200)	(3.0)	-	-	-	-	-	-	-	-	-	-	(200)	(0.07)	0	(90)
IDG124	Pindang selar kecil	DKBM-1981	60.0	142	27.0	3.0	0	-		(60)	(200)	(3.0)	-	-	-	-	-	-	-	-	-	-	(200)	(0.07)	0	(90)
IDG125	Rebon kering	DKBM-1981	21.6	299	59.4	3.6	3.2	-	-	2306	625	21.4	-	-	-	-	-	-	-	-	-	-	0	0.06	0	100
IDG126	Rebung laut	KZGMI-2001	18.2	320	7.2	4.2	63.3	-	7.1	240	570	6.6	20	1040	1.5	6.2	917	-	-	-	-	-				
IDG127	Sale lais	KZGPI -1990	12.4	415	61.3	17.6	2.9	0	5.8	258	919	7	-	-	-	-	0	-	0	0.03	-	-				
IDG128	Saluang kering	KZGMI-2001	33.6	284	34.1	9.9	46.1	-	7.8	1426	1103	9.5	1767	263	1.3	18.7	-	-	-	0.49	0.03	-				
IDG129	Sardencis dalam kaleng	DKBM-1981	47.1	338	21.1	27.0	1.0	-	-	354	434	3.5	-	-	-	-	-	-	-	-	-	-	(250)	(0.10)	0	100
IDG130	Selar kering	DKBM-1981	43.0	194	38.0	3.5	0	-	-	20	200	1.0	-	-	-	-	-	-	-	-	-	-	0	0.01	0	(75)
IDG131	Sepat kering	DKBM-1981	30.0	289	38.0	14.0	0	-	-	(40)	100	0.7	-	-	-	-	-	-	-	-	-	-	0	0	0	(75)
IDG132	Sunu asin	KZGMI-2001	34.7	199	34.1	3.8	7.1	-	20.3	94	92	2.2	377	57	0.1	3.2	2481	-	-	1.5	0.13	-				
IDG133	Tepung ikan	KZGPI -1990	43	316	60.1	6.5	22.4	0	6.7	3196	1976	16.6	-	-	-	-	320	-	0	0	-	-				
IDG134	Tepung teri	KZGPI -1990	52	347	48.8	6.4	19.6	0	20	4608	1200	18.6	-	-	-	-	61	-	130	1.12	-	-				
IDG135	Teri bubuk	DKBM-1981	15.0	277	60.0	2.3	1.8	-	-	1209	1225	(3.0)	-	-	-	-	-	-	-	-	-	-	297	(0.10)	0	100
IDG136	Teri kering	DKBM-1981	37.8	170	33.4	3.0	0	-	-	1200	(1500)	3.6	-	-	-	-	-	-	-	-	-	-	(210)	(0.15)	0	100
IDG132	Sunu asin	KZGMI-2001	34.7	199	34.1	3.8	7.1	-	20.3	94	92	2.2	377	57	0.1	3.2	2481	-	-	1.5	0.13	-				
IDG133	Tepung ikan	KZGPI -1990	43	316	60.1	6.5	22.4	0	6.7	3196	1976	16.6	-	-	-	-	320	-	0	0	-	-				
IDG134	Tepung teri	KZGPI -1990	52	347	48.8	6.4	19.6	0	20	4608	1200	18.6	-	-	-	-	61	-	130	1.12	-	-				
IDG135	Teri bubuk	DKBM-1981	15.0	277	60.0	2.3	1.8	-	-	1209	1225	(3.0)	-	-	-	-	-	-	-	-	-	-	297	(0.10)	0	100
IDG136	Teri kering	DKBM-1981	37.8	170	33.4	3.0	0	-	-	1200	(1500)	3.6	-	-	-	-	-	-	-	-	-	-	(210)	(0.15)	0	100
IDG137	Teri kering tawar	DKBM-1981	16.7	331	68.7	4.2	0	-	-	2381	(1500)	23.4	-	-	-	-	-	-	-	-	-	-	(200)	0.10	0	100
IDG138	Teri nasi kering	DKBM-1981	34.5	144	32.5	0.6	0	-	-	1000	(1000)	(3.0)	-	-	-	-	-	-	-	-	-	-	(200)	(0.10)	0	100
IDG139	Terasi merah	DKBM-1981	40.0	174	30.0	3.5	3.5	-	-	100	(250)	3.1	-	-	-	-	-	-	-	-	-	-	0	0	0	100
IDG140	Udang kering	DKBM-1981	20.7	295	62.4	2.3	1.8	-	-	1209	1225	6.3	-	-	-	-	-	-	-	-	-	-	(210)	(0.14)	0	(90)
IDG141	Udang papay	KZGMI-2001	24.5	273	47.8	3.8	12.5	-	11.5	1109	789	2.4	651	802	2.6	10.8	-	-	-	-	-	-			-	
	Masakan																	-	-							
IDG142	Bou ninahu ndamate	KZGMI-2001	79.5	79	6.3	1	1.1	-	2.1	-	-	-	-	-	-	-	691	-	-	0.1	0	0.1			-	
IDG143	Bouiki ninahu nggaluku	KZGMI-2001	73.9	94	7.8	2.2	10.8	-	5.3	-	-	-	-	-	-	-	-	-	-	0.5	0.03	2.4			-	
IDG144	Cakalang asar	KZGMI-2001	64.3	155	20.1	3.8	10.2	-	1.6	20	240	2.1	90	390	0.3	0.1	86	-	-	-	-	0.2			-	
IDG145	Dendeng belut goreng	KZGPI -1990	82	382	55.7	14.1	8	0	1.4	1069	654	15.4	-	-	-	-	28	-	1480	0.48	-	-			0	
IDG146	Dendeng mujahir goreng	KZGPI -1990	65	598	74.3	26.9	9.2	0	13.1	1957	1447	7.4	-	-	-	-	18	-	25	0.19	-	-			0	
IDG147	Fillet o-fish	KZGMS-1993	51	270	12.3	15.9	19.3	0.2	1.5	239	272	1.8	438.5	-	-	-	34	-	580	0.59	-	-			0	

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			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	β KROTEN	KAROTEN TOTAL	TIAMIN	RIBOFLAVIN	NIASIN	Nilai Vit.A	Vit. B1	Vit. C.	b.d.d
			g	kkal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	ug	ug	ug	ug	mg	mg	mg	S.I.	mg	mg	%
IDG148	Gete kuah asam	KZGMI-2001	80.1	75	82	2	6	-	3.8	1620	880	0.8	260	150	0.1	1.5	-	-	-	-	-	0.1			-	
IDG149	Gulai asam keueung	KZGMI-2001	86	52	10	0.5	1.8	-	1.7	62	102	0.3	332	141	+/-	1	-	-	-	0.18	0.34	-			-	
IDG150	Gulai ikan	KZGMS-1993	75.7	106	16.5	3.3	2.5	-	2	306	196	4.8	742.5	-	-	-	86	-	2760	0.32	-	-			0	
IDG151	Gulai ikan paya	KZGMI-2001	72.1	148	10	9.8	5	-	3.1	103	82	0.7	525	256	0.1	0.9	-	-	-	0.26	0.02	-			-	
IDG152	Gulai tiram	KZGMI-2001	73.1	132	9	7.2	7.8	-	2.9	53	134	3.7	285	133	1.1	0.7	389	--	-	0.29	0.12	-			-	
IDG153	Gurame asem manis	KZGPI -1990	63.1	192	12.7	10.1	12.7	0	2.4	283	169	1.1	-	-	-	-	19	-	1440	0.1	-	-			0	
IDG154	Ikan asar merah	KZGMI-2001	69.2	146	17.7	5.9	5.6	-	1.6	100	240	4	170	310	0.3	1.4	224	-	-	-	-	-			-	
IDG155	Jukku pallu kaloa	KZGMI-2001	69.4	15	15.2	4.3	8.8	-	2.3	40	170	1.1	605	153	0.6	1.1	-	-	-	0.3	0.14	7.5			-	
IDG156	Jambal goreng	KZGMS-1993	13.4	286	48.5	9.2	2.3	-	2.6	207	457	3.3	-	117	-	-	109	-	160	0.4	-	30.6			0	
IDG157	Kaholeo	KZGMI-2001	11.2	413	28.7	19.8	29.8	-	10.5	909	1291	0	0	1	0.1	3.1	4236	-	-	13.4	0.03	5.7			-	
IDG158	Kerupuk ikan, dengan pati	DKBM-1981	16.0	342	16.0	0.4	65.6	-	-	(2.0)	(20)	0.1	-	-	-	-	-	-	-	-	-	-	0	(Ø)	0	100
IDG159	Kerupuk udang, dengan pati	DKBM-1981	12.0	359	17.2	0.6	68.2	-	-	332	(337)	1.7	-	-	-	-	-	-	-	-	-	-	(50)	(0.04)	0	100
IDG160	Model	KZGMI-2001	83.9	79	2.2	4	8.6	-	1.3	8	33	0.8	146.9	34	0.1	0.5	-	-	-	0.16	0.02	-			-	
IDG161	MujahirAcar kuning	KZGPI -1990	43.1	330	17.8	23.4	12.1	1.1	4.6	154	357	5.3	-	-	-	-	23.9	-	4130	0.15	-	-			0	
IDG162	Parede baleh	KZGMI-2001	80	87	10.5	2.5	5.5	-	1.5	35	215	0.9	416	59	0.1	0.2	-	-	-	0.24	+/-	0.7			-	
IDG163	Pempek adaan	KZGMI-2001	62.6	162	4.9	3	27.8	-	1.7	26	116	1	488	119	0.1	0.2	-	-	-	0.3	0.03	1			-	
IDG164	Pempek belida	KZGPI -1990	61.4	156	4.2	1.4	31.6	0.2	1.4	100	55	3.3	-	-	-	-	0.00	-	0	0.03	-	-			0	
IDG165	Pempek kapal selam	KZGMI-2001	63.4	152	4.5	2.3	28.2	-	1.6	19	115	1.6	628	91	0.1	0.2	-	-	-	0.2	0.03	1			-	
IDG166	Pempeng kelesan	KZGPI -1990	53	211	12.3	6.1	26.6	0.4	2	840	176	1.8	-	-	-	-	14	-	888	0.25	-	-				
IDG167	Pempek kulit	KZGMI-2001	45.7	243	5.2	7.3	39.1	-	2.7	16	96	2	555	102	0.1	0.6	-	-	-	0.2	0.02	0.9				
IDG168	Pempek tlur	KZGMI-2001	62.4	156	4.7	2.7	28.3	-	1.9	13	83	1.3	448	48	0.1	0.6	-	-	-	0.2	0.05	1.1				
IDG169	Pempek tenggiri	KZGPI -1990	56.3	173	7.2	1.2	33.4	0.2	1.9	164	80	3.1	-	-	-	-	0	-	0	0.02	-	-				
IDG170	Pencok lele	KZGPI -1990	47.5	372	7.8	36.3	3.5	0	4.9	289	295	5.3	-	-	-	-	64	-	12070	0.12	-	-				
IDG171	Petis udang	DKBM-1981	39.0	220	15.0	0.1	40	-	-	(37)	(36)	(2.8)	-	-	-	-	-	-	-	-	-	-	0	Ø	0	100
IDG172	Petis ikan	DKBM-1981	56.0	161	20.0	0.2	24	-	-	(37)	(36)	(2.8)	-	-	-	-	-	-	-	-	-	-	0	Ø	0	100
IDG173	Panda	KZGMI-2001	71	107	15.9	0.6	0.4	-	3.1	375	336	1.9	526	330	0.2	1	896	-	-	0.89	0.05	0.5				
IDG174	Pindang kenari	KZGMI-2001	80.1	124	9.5	9.6	0	-	2.8	120	220	1.3	370	270	0.3	1.2	18	381	-	-	-	0.1				
IDG175	Saboko gurita	KZGMI-2001	76.2	87	15.7	1.5	2.6	-	4.1	60	14	2.1	200	180	0.9	4	38	-	-	-	-	-				
IDG176	Saboko saltan	KZGMI-2001	76	113	17.1	3.6	3	-	0.3	240	60	0.5	40	]350	0.2	0.6	27	-	-	--	-	0.1				
IDG177	Saboko sardine	KZGMI-2001	70	110	12.9	4.3	4.9	-	7.9	220	520	6	200	280	0.2	3.9	37	-	-	-	-	-				
IDG178	Sepi	KZGMI-2001	66.1	88	7.9	1.6	10.6	-	13.8	924	350	2.3	873	258	1	1.1	783	-	-	-	-	-				
IDG179	Tekwan	KZGMI-2001	86.7	53	1.9	0.9	9.4	-	1.1	9	41	1	1736	42	0	0	-	-	-	0.1	0.02	0.4				
IDG180	Teri belado	KZGPI -1990	25.8	365	23.7	22.3	17.5	0	10.9	869	48	4	-	280	-	-	27	-	1567	0.13	-	-				
IDG181	Tumis bandeng	KZGMI-2001	70.5	189	11.3	15.7	0.6	-	1.9	56	129	0.4	314		0.1	0.7	579	-	-	0.46	0.02	-				

H. TELUR DAN HASIL OLAHNYA

Kode	NAMA BAHAN MENTAH, MASAK	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																							
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	β KROTEN	KAROTEN TOTAL	TIAMIN	RIBOFLAVIN	NIASIN	Nilai Vit.A	Vit. B1	Vit. C.	b.d.d
			g	kkal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	ug	ug	ug	ug	mg	mg	mg	S.I.	mg	mg	%
IDH001	Telur ayam kampung	KZGMI-2001	73.1	174	10.8	14	1.2	-	0.9	68	268	4.9	190	141	0.6	1.5	203	-	125	0.78	0.62	-			-	
IDH002	Telur ayam	DKBM-1981	74.0	162	12.8	11.5	0.7	-	-	54	180	2.7	-	-	-	-	-	-	-	-	-	-	900	0.10	0	96
IDH003	Telur ayam bagian kuning	DKBM-1981	49.4	361	16.3	31.9	0.7	-	-	147	586	7.2	-	-	-	-	-	-	-	-	-	-	2000	0.27	0	100
IDH004	Telur ayam bagian putih	DKBM-1981	87.8	50	10.8	0	0.8	-	-	6	17	0.2	-	-	-	-	-	-	-	-	-	-	0	0	0	100
IDH005	Telur bebek (telur itik)	DKBM-1981	70.8	189	13.1	14.3	0.8	-	-	56	175	2.8	-	-	-	-	-	-	-	-	-	-	1230	1.18	0	90
IDH006	Telur bebek tambak	KZGMI-2001	67.7	187	10.9	12.4	7.9	-	1.1	64	295	5.4	209	146	0.4	1.8	378	-	375	1.62	0.03	-			-	
IDH007	Telur bebek alabio	KZGMI-2001	70	187	11.8	14.2	3	-	1	60	268	6	115	80	0.6	1.7	180	-	-	1.55	0.37	-			-	
IDH008	Telur bebek bagian kuning	DKBM-1981	47.0	398	17.0	35.0	0.8	-	-	150	400	7.0	-	-	-	-	-	-	-	-	-	-	2870	0.60	0	100
IDH009	Telur bebek bagian putih	DKBM-1981	88.0	54	11.0	0	0.8	-	-	21	20	0.1	-	-	-	-	-	-	-	-	-	-	0	0.01	0	100
IDH010	Telur burung maleo	KZGMI-2001	36	436	26.5	36.3	0.4	-	0.8	154	120	4.3	77	333	0.4	2.9	3987	-	-	-	1	0.2			-	
IDH011	Telur penyu	DKBM-1981	76.6	144	12.0	10.2	0	-	-	84	193	1.3	-	-	-	-	-	-	-	-	-	-	600	0.11	0	90
IDH012	Telur puyuh	FCTEA-1972	79.8	116	10.7	7	1.6	0	0.9	65	191	3.5	-	11	-	-	95	80	-	0.13	0.65	0.1			0	
IDH013	Telur terumbuk	DKBM-1981	25.0	(425)	31.0	28.0	(10)	-	-	(50)	(100)	(2)	-	-	-	-	-	-	-	-	-	-	(600)	(0.10)	0	100
	Terolah, produk																									
IDH014	Telur bebek, asin	DKBM-1981	66.5	195	13.6	13.6	1.4	-	-	120	157	1.8	-	-	-	-	-	-	-	-	-	-	841	0.28	0	83
IDH015	Telur ikan, asin	KZGMI-2001	37.8	358	20.7	26.4	9.4	-	5.7	48	311	15.1	2684	59	0.4	3	1866	-	-	0.21	0.54	-			-	
	masakan																									
IDH016	bayau mi balu	KZGMI-2001	36.1	313	6	12.2	44.8	-	0.9	-	-	-	-	-	-	-	783	86	-	0.14	0.27	9.7			-	
IDH017	cucuru bayau	KZGMI-2001	35	349	6.8	18.7	38.3	-	1.2	-	-	-	-	-	-	-	-	123	-	0.06	0.25	-			-	
IDH018	gulai keumamah	KZGMI-2001	81.4	110	5.9	8.2	3.2	-	1.3	32	96	1	335	121	0.2	0.9	-	-	-	0.33	0.04	-			-	
IDH019	gulai telur ikan	KZGMI-2001	70.2	146	12.3	7.1	8.1	-	2.3	25	211	2.5	287	172	0.1	2.4	364	-	-	0.22	0.02	-			-	
IDH020	kalio telur	DABM -1964	79	193	10.6	12.4	9.7	-	1.4	148	246	3.8	539.8	-	-	-	160	-	3600	0.44	-	-			0	
IDH021	putrihijau	KZGMI-2001	54.8	189	5.4	2.1	37.2	-	0.5	-	-	-	-	-	-	-	-	-	-	-	-	-			-	
IDH022	telur ayam dadar	KZGPI -1990	61.9	251	16.3	19.4	1.4	0	1	62	250	2.5	-	-	-	-	36	-	221	0.21	-	-			0	
IDH023	telur bebek dadar	KZGPI -1990	55.1	301	20	23.7	0	0	1.2	71	600	9.2	-	-	-	-	122	-	613	0.35	-	-			0	
IDH024	tumis keumamah	KZGMI-2001	45.7	300	14.5	20	15.5	4.5	4.3	-	-	-	-	-	-	-	-	8	-	0.63	0.04	-			7	

J. SUSU DAN HASIL OLAHNYA

Kode	NAMA BAHAN MENTAH, MASAK	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																							
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	β KROTEN	KAROTEN TOTAL	TIAMIN	RIBOFLAVIN	NIASIN	Nilai Vit.A	Vit. B1	Vit. C.	b.d.d
			g	kkal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	ug	ug	ug	ug	mg	mg	mg	S.I.	mg	mg	%
IDJ001	Kepala susu – krim	DKBM-1981	72.5	204	2.6	20.0	4.0	-	-	97	77	0.1	-	-	-	-	-	-	-	-	-	-	830	0.03	1	100
IDJ002	Susu ibu – ASI	FCTEA -1972	88.1	62	1.5	3.2	7.0	0	0.2	34	20	0.2	15	41	-	-	-	-	-	-	-	-				
IDJ003	Susu kambing	DKBM-1981	85.9	64	4.3	2.3	6.6	-	-	98	78	2.7	-	-	-	-	-	-	-	-	-	-	(125)	0.06	(1)	100
IDJ004	Susu kerbau	DKBM-1981	73.8	160	6.3	12.0	7.1	-	-	216	101	0.2	-	-	-	-	-	-	-	-	-	-	(80)	0.04	(1)	100
IDJ005	Susu sapi	DKBM-1981	88.3	61	3.2	3.5	4.3	-	-	143	60	1.7	-	-	-	-	-	-	-	-	-	-	(130)	0.03	(1)	100
	Terolah, produk														-	-		-	-		-	-				
IDJ005	Es krim	DKBM-1981	62.1	207	4.0	12.5	20.6	-	-	123	99	0.1	-	-	-	-	-	-	-	-	-	-	520	0.04	1	100
IDJ006	Hangop/butter milk/whey	DABM -1964	84	65	10	1	3.5	-	1.5	180	190	0.2	-	-	-	-	-	-	-	0.03	-	-				
IDJ007	Keju	DKBM-1981	38.5	326	22.8	20.3	13.1	-	-	777	338	1.5	-	-	-	-	-	-	-	-	-	-	(750)	0.01	(1)	100
IDJ008	Kwark/bagot	DABM -1964	59	242	19	17	3	-	2	300	350	0.5	-	-	-	-	173	-	-	0.03	-	-				
IDJ009	Mentega	DKBM-1981	16.5	725	0.5	81.6	1.4	-	-	15	16	1.1	-	-	-	-	-	-	-	-	-	-	3300	Ø	0	100
IDJ010	Susu kental manis	DKBM-1981	25.0	336	8.2	10.0	55.0	-	-	275	209	0.2	-	-	-	-	-	-	-	-	-	-	510	0.05	1	100
IDJ011	Susu kental tak manis	DKBM-1981	73.7	138	7.0	7.9	9.9	-	-	243	195	0.2	-	-	-	-	-	-	-	-	-	-	400	0.05	1	100
IDJ012	Susu kuda	FCTEA-1964	91	40	2	1.1	5.4	0	0.4	-	-	-	-	--	-	-	-	-	-	-	-	-				
IDJ013	Susu skim (susu tak berlemak)	DKBM-1981	90.5	36	3.5	0.1	5.1	-	-	123	97	0.1	-	-	-	-	-	-	-	-	-	-	Ø	0.04	1	100
IDJ014	Tepung susu	DKBM-1981	3.5	509	24.6	30.0	36.2	-	-	904	694	0.6	-	-	-	-	-	-	-	-	-	-	1570	0.29	6	100
IDJ015	Tepung susu asam untuk bayi	DKBM-1981	2.5	418	19.0	9.0	65.5	-	-	(800)	(600)	7.0	-	-	-	-	-	-	-	-	-	-	1000	1.00	30	100
IDJ016	Tepung susu skim	DKBM-1981	3.5	362	35.6	1.0	52.0	-	-	1300	1030	0.6	-	-	-	-	+/-	-	-	-	-	-	0.04	0.35	7	100
IDJ017	Yoghurt	DKBM-1981	88.0	52	3.3	2.5	4.0	-	-	120	90	0.1	-	-	-	-	-	-	-	-	-	-	73	0.04	0	100

K. LEMAK DAN MINYAK

Kode	NAMA BAHAN MENTAH, MASAK	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																							
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	β KROTEN	KAROTEN TOTAL	TIAMIN	RIBOFLAVIN	NIASIN	Nilai Vit.A	Vit. B1	Vit. C.	b.d.d
			g	kkal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	ug	ug	ug	ug	mg	mg	mg	S.I.	mg	mg	%
IDK001	Lemak babi (lard)	DKBM-1981	0	902	0	100	0	-	-	0	0	0	-	-	-	-	-	-	-	-	-	-	0	0	0	100
IDK002	Lemak babi (bacon)	DABM -1964	20	626	9.1	65	1.1	-	4.8	13	108	0.8	-	-	-	-	0	-	-	0.38	-	-			0	
IDK003	Lemak ikan	KZGMI-1964	43.3	372	12.0	29.4	14.4	-	0.3	20	230	32.7	60	52	0.4	1.1	-	-	-	0.49	0.13	-			-	
IDK004	Lemak kerbau (lemak sapi)	DKBM-1981	5	818	1.5	90	0	-	-	0	0	0	-	-	-	-	-	-	-	-	-	-	0	0	0	100
IDK005	Margarine	DKBM-1981	15.5	720	0.6	81	0.4	-	-	20	16	0	-	-	-	-	-	-	-	-	-	-	2000	0	0	100
IDK006	Mentega	DABM -1964	16	742	0.5	81.6	1.4	-	1.9	15	16	1.1	-	-	-	-	1000	-	-	-	-	-			-	
IDK007	Minyak hati hiu	DKBM-1981	0	902	0	100	0	-	-	0	0	0	-	-	-	-	-	-	-	-	-	-	70000	0	0	100
IDK008	Minyak ikan	DKBM-1981	0	902	0	100	0	-	-	0	0	0	-	-	-	-	-	-	-	-	-	-	80000	0	0	100
IDK009	Minyak kacang tanah	DKBM-1981	0	902	0	100	0	-	-	0	0	0	-	-	-	-	-	-	-	-	-	-	0	0	0	100
IDK010	Minyak kedela	FCTEA -1972	0.1	883	0	99.9	0	0	0	0	0	0	0	-	-	-	0	-	-	0	-	-			0	
IDK011	Minyak kelapa	DKBM-1981	0	870	1	98	0	-	-	3	0	0	-	-	-	-	-	-	-	-	-	-	0	0	0	100
IDK012	Minyak kelapa sawit	DKBM-1981	0	902	0	100	0	-	-	0	0	0	-	-	-	-	-	-	-	-	-	-	60000	0	0	100
IDK013	Minyak wijen	DKBM-1981	0	902	0	100	0		-	0	0	0	-	-	-	-	-	-	-	-	-	-	0	0	0	100
IDK014	Minyak zaitun	DABM -1964	0	884	0	100	0	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-				

J. GULA, SIRUP DAN KONFEKSIONERI

Kode	NAMA BAHAN MENTAH, MASAK	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																							
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	β KROTEN	KAROTEN TOTAL	TIAMIN	RIBOFLAVIN	NIASIN	Nilai Vit.A	Vit. B1	Vit. C.	b.d.d
			g	kkal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	ug	ug	ug	ug	mg	mg	mg	S.I.	mg	mg	%
IDM001	Agar-agar *	DKBM-1981	17.8	-	0	0.2	0	-	-	(400)	(125)	(5)	-	-	-	-	-	-	-	-	-	-	0	0	0	100
IDM002	Bir (4% alkohol) **	DKBM-1981	90.2	48	0.6	0	4.4	-	-	4	26	0	-	-	-	-	-	-	-	-	-	-	0	Ø	0	100
IDM003	Coklat bubuk	DABM-1964	3.9	331	8	23.8	48.9	32.6	15.4	125	715	11.6	-	-	-	--	-	-	30	0.12	-	-			-	
IDM004	Coklat manis batang	DKBM-1981	1.4	(472)	(2.0)	29.8	62.7	-	-	(63)	(287)	2.8	-	-	-	-	-	-	-	-	-	-	(30)	(0.03)	0	100
IDM005	Coklat pahit batang ***	DKBM-1981	2.3	(504)	(5.5)	52.9	29.2	-	-	98	446	(4.4)	-	-	-	-	-	-	-	-	-	-	60	0.05	0	100
IDM006	Coklat susu batang	DKBM-1981	1.0	381	9.0	35.0	53.6	-	-	200	200	2.0	-	-	-	-	-	-	-	-	-	-	(30)	0.08	0	100
IDM007	Daun cincau	DKBM-1981	66.0	122	6.0	1.0	26.0	-	-	(100)	(100)	3.3	-	-	-	-	-	-	-	-	-	-	10750	(80)	17	(40)
IDM008	Dodol	DKBM-1981	12.0	395	3.0	5.7	81.2	-	-	(12)	(80)	1.6	-	-	-	-	-	-	-	-	-	-	0	0	0	100
IDM009	Gelatin *	DKBM-1981	5.0	389	91.0	0	0	-	-	0	20	0.5	-	-	-	-	-	-	-	-	-	-	0	Ø	0	100
IDM010	Gula aren	DKBM-1981	(9)	368	0	0	92.0	-	-	(75)	(35)	(3)	-	-	-	-	-	-	-	-	-	-	0	0	0	100
IDM011	Gula kelapa	DKBM-1981	(10)	386	3.0	10	76.0	-	-	(76)	(37)	(2.6)	-	-	-	-	-	-	-	-	-	-	0	0	0	100
IDM012	Gula merah tebu yang belum dimurnikan	DKBM-1981	7.4	356	0.4	0.5	90.6	-	-	51	44	4.2	-	-	-	-	-	-	-	-	-	-	0	0.2	0	100
IDM013	Gula putih/gula pasir	DKBM-1981	5.4	364	0	0	94.0	-	-	5	1	0.1	-	-	-	-	-	-	-	-	-	-	0	0	0	100
IDM014	Jam, selai	DKBM-1981	34.0	239	0.5	0.6	64.5	-	-	20	20	1.0	-	-	-	-	-	-	-	-	-	-	Ø	0.01	0	100
IDM015	Kopi bubuk instan	FCTEA-1972	2.6	129	+/-	+/-	35	+/-	9.7	179	383	5.6	72	3256	-	-	-	-	0	0	0.21	30.6			0	
IDM016	Kopi, bagian yang dapat larut	DKBM-1981	0	352	17.4	1.3	69.0	-	-	296	368	4.1	-	-	-	-	-	-	-	-	-	-	0	0	0	100
IDM017	Lemon squash	DKBM-1981	90.0	36	0	0	10.0	-	-	0	0	0	-	-	-	-	-	-	-	-	-	-	0	0	20	100
IDM018	Limun	DKBM-1981	91.0	30	0	0	8.0	-	-	0	0	0	-	-	-	-	-	-	-	-	-	-	0	0	0	100
IDM019	Madu	DKBM-1981	20.0	294	0.3	0	79.5	-	-	5	16	0.9	-	-	-	-	-	-	-	-	-	-	0	Ø	4	100
IDM020	Markisa squash, BD	KZGMI-1964	74.4	104	1.2	0.5	23.7	-	0.2	1	88	0.5	40	40	0	0.1	-	7.3	40	0.2	0.02	+/-			12	
IDM021	Markisa squash	KZGMI-1964	46.7	217	2.5	1	49.6	-	0.2	6	83	0.6	14	65	0	0.1	-	2.3	75	0.07	0.02	+/-			14	
IDM022	Melase	DKBM-1981	21.2	276	-	0.1	71.0	-	-	470	93	29.5	-	-	-	-	-	-	-	-	-	-	0	0.04	0	100
IDM023	Serbuk coklat ***	DKBM-1981	3.9	298	(8.0)	23.8	48.9	-	-	125	715	11.6	-	-	-	-	-	-	-	-	-	-	(30)	0.12	0	100
IDM024	Setrup, Sirup	DKBM-1981	44.0	213	0	0	55.0	-	-	0	0	0	-	-	-	-	-	-	-	-	-	-	0	0	0	100
IDM025	Sirup pirous	KZGMI-1964	43.3	228	0.2	0.4	55.9	-	0.2	470	93	29.5	-	-	-	-	-	-	-	-	-	-			8	
IDM026	Teh	DKBM-1981	7.6	132	19.5	0.7	67.8	-	-	717	265	11.8	-	-	-	-	-	-	-	-	-	-	2095	0.01	0	100
IDM027	Teh hijau daun kering	FCTEA-1972	7.7	300	28.3	4.8	53.6	9.6	5.6	245	415	18.9	60	-	-	-	-	8400	-	0.38	1.24	4.6			230	
IDM028	Teh hitam daun kering	FCTEA-1972	8	293	24.5	2.8	58.8	8.7	5.9	327	313	24.33	50	-	-	-	-	2700	-	0.07	0.8	7.6			9	
IDM029	Teh melati daun kering	FCTEA-1972	8.1	299	24.1	3.5	59	9.7	5.3	320	185	31.6	-	-	-	-	-	8400	-	0.07	0.79	7.3			85	

* Agar-agar sama sekali tidak dapat dicerna oleh tubuh manusia (lihat pendahuluan)

** Termasuk juga kalori alkohol

*** Dari jumlah karbo-hidrat total hanya 1/3 bagian adalah pati (starch) dan gula, dan 2/3 bagian terdiri dari zat yang tidak atau sedikit dipakai oleh tubuh manusia

N. BUMBU-BUMBU

Kode	NAMA BAHAN MENTAH, MASAK	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																							
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	β KROTEN	KAROTEN TOTAL	TIAMIN	RIBOFLAVIN	NIASIN	Nilai Vit.A	Vit. B1	Vit. C.	b.d.d
			g	kkal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	ug	ug	ug	ug	mg	mg	mg	S.I.	mg	mg	%
IDN001	Asam arang coklat	KZGPI -1990	66.1	130	0.5	1.1	30.9	1.5	1.4	79	113	4.3	-	-	-	-	-	-	0	0.01	-	-	0		0	
IDN002	Asam arang merah	KZGPI -1990	75.9	99	0.8	1.6	20.3	2.8	1.4	69	300	4.6	-	-	-	-	-	-	0	0.01	-	-	0		0	
IDN003	Asam kandis kering	KZGPI -1990	32.2	261	0.9	1.6	63.3	5	2	192	657	4.4	-	-	-	-	-	-	0	0	-	-	0		0	
IDN004	Asam kandis segar	KZGPI -1990	81.5	75	0.2	1.1	16.1	3.4	1.1	63	139	2.5	-	-	-	-	-	-	0	0.01	-	-	0		0	
IDN005	Asam masak pohon	DABM -1964	31.4	267	2.8	0.6	62.5	-	2.7	74	113	0.6	-	-	-	-	-	-	30	0.34	-	-	2		2	
IDN006	Asam payak	KZGPI -1990	65.1	135	0.8	0.4	32.1	10	1.6	60	39	5.7	-	-	-	-	-	-	0	0	-	-	0		0	
IDN007	Balichong	KZGMI-1964	59.9	152	13.2	0.8	22.9	-	3.6	380	210	2.9	120	310	0.8	1.1	34	-	-	-	-	0.2	-		-	
IDN008	Bawang merah	DABM -1964	88	46	1.5	0.3	9.2	-	1	36	40	0.8	-	-	-	-	-	-	-	0.03	-	-	2		2	
IDN009	Bawang putih	DABM -1964	71	112	4.5	0.2	23.1	-	1.8	42	134	1	-	-	-	-	-	-	-	0.22	-	-	15		15	
IDN010	Bekasam	KZGMI-1964	65.5	116	11.9	4.9	6.1	-	11.6	704	757	7.5	711	176	0.8	1.9	-	-	-	-	-	-	-		-	
IDN011	Bekasang	KZGMI-1964	67.1	78	11.4	2	3.6	-	15.9	54	97	2.6	4016	121	0.2	4.8	-	-	-	0.15	0.12	-	-		-	
IDN012	Bonggol pisang	DKBM-1981	86.0	43	0.6	0	11.6	-	-	(15)	(60)	(0.5)	-	-	-	-	-	-	-	-	-	-	0	(0.01)	12	100
IDN013	Bonggol pisang kering	DKBM-1981	20.0	245	3.4	0	66.2	-	-	(60)	(150)	2	-	-	-	-	-	-	-	-	-	-	0	(0.04)	4	100
IDN014	Boros kunci	DABM -1964	90	40	1	0.8	7.2	-	1	50	50	2	-	-	-	-	-	-	5000	0.08	-	-	50		50	
IDN015	Boros laja	DABM -1964	93	26	1	0.3	4.7	-	1	50	50	2	-	-	-	-	-	-	5000	0.08	-	-	50		50	
IDN016	Bulung sangu	DKBM-1981	18.0	237	14.7	0.2	56.0	-	-	3774	56	(20)	-	-	-	-	-	-	-	-	-	-	0	0	5	100
IDN017	Cabai gembor merah	KZGPI -1990	90.8	38	1.6	0.8	6.3	1.6	0.6	49	41	1.1	-	-	-	-	-	-	3240	0.21	0.12	0	16		16	
IDN018	Cabai hijau segar	DABM -1964	93.4	26	0.7	0.3	5.2	-	0.4	14	23	0.4	-	-	-	-	-	-	260	0.05	-	-	84		84	
IDN019	Cabai merah kering	DABM -1964	10	367	15.9	6.2	61.8	-	6.1	160	370	2.3	-	-	-	-	-	-	576	0.4	-	-	50		50	
IDN020	Cabai merah segar	DABM -1964	90.9	36	1	0.3	7.3	-	0.5	29	24	0.5	-	-	-	-	-	-	470	0.05	-	-	18		18	
IDN021	Cabai rawit segar	DABM -1964	71.2	120	4.7	2.4	19.9	-	1.8	45	85	2.5	-	-	--	-	-	-	11050	0.24	-	-	70		70	
IDN022	Cengkeh kering	DKBM-1981	23.3	292	5.2	8.9	57.4	-	-	740	100	4.9	-	-	-	-	-	-	-	-	-	-	-	0	(200)	100
IDN023	Cuka	DKBM-1981	(94.5)	12	0.1	0.1	(5.0)	-	-	7	10	0.5	-	-	-	-	-	-	-	-	-	-	0	0	0	100

N. BUMBU-BUMBU

Kode	NAMA BAHAN MENTAH, MASAK	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																							
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	β KROTEN	KAROTEN TOTAL	TIAMIN	RIBOFLAVIN	NIASIN	Nilai Vit.A	Vit. B1	Vit. C.	b.d.d
			g	kkal	g	g	g	g	g	mg	mg	mg	mg	mg	mg	ug	ug	ug	ug	mg	mg	mg	S.I.	mg	mg	%
IDN024	Daun salam kering bubuk	FCTEA-1972	13.1	301	14.2	10.9	4.9	9.4	12.8	86	250	44.1	180	619	-	-	0	5400	-	0.1	0.32	5			0	
IDN025	Jahe	DKBM-1981	86.2	51	1.5	1.0	10.1	-	-	21	39	1.6	-	-	-	-	-	-	-	-	-	-	30	0.02	4	97
IDN026	Kecap	DKBM-1981	63.0	46	5.7	1.3	9.0	-	-	123	96	5.7	-	-	-	-	-	-	-	-	-	-	0	0	0	100
IDN027	Kemiri	DABM -1964	7	675	1.9	63	8	-	3	80	200	2	-	-	-	-	-	-	0	0.06	-	-			0	
IDN028	Kerupuk ikan dengan pati	DKBM-1981	16.0	342	16.0	0.4	65.6	-	-	(2.0)	(20)	0.1	-	-	-	-	-	-	-	-	-	-	0	(Ø)	0	100
IDN029	Kerupuk udang dengan pati	DKBM-1981	12.0	359	17.2	0.6	68.2	-	-	332	(337)	1.7	-	-	-	-	-	-	-	-	-	-	(50)	(0.04)	0	100
IDN030	ketumbar	DABM -1964	11.2	418	14.1	16.1	54.2	-	44	630	370	17.9	-	-	-	-	-	-	1570	0.2	-	-			0	
IDN031	Kluwek	DABM -1964	51	310	10	24	13.5	-	1.5	40	100	2	-	-	-	-	-	-	0	0.15	-	-			30	
IDN032	Kunyit	DKBM-1981	84.9	63	2.0	2.7	9.1	-	-	24	78	3.3	-	-	-	-	-	-	-	-	-	-	0	0.03	1	78
IDN033	Merica	DKBM-1981	12.9	359	11.5	6.8	64.4	-	-	460	200	16.8	-	-	-	-	-	-	-	-	-	-	(Ø)	(0.20)	(Ø)	100
IDN034	Pala biji	DABM -1964	14.3	518	7.5	36.4	40.1	-	1.7	120	240	4.6	-	-	-	-	-	-	-	0.2	-	-			0	
IDN035	Petis ikan	DABM -1964	56	165	20	0.2	20.8	-	3	37	36	2.8	-	-	-	-	-	-	0	-	-	-			0	
IDN036	Petis udang kering	KZGPI -1990	8.3	345	23.8	1.4	59.3	0	7.1	221	397	3.8	-	-	-	-	1.8	-	232	1.02	0.4	2.2			0	
IDN037	Petis udang pasta	DABM -1964	39	220	15	0.9	38	-	7.1	37	36	2.8	-	-	-	-	-	-	0	-	-	-			0	
IDN038	Ragi	DKBM-1981	(10)	136	43.0	2.4	3.0	-	-	140	(1900)	(20.0)	-	-	-	-	-	-	-	-	-	-	0	(6000)	0	100
IDN039	Saos tomat	DKBM-1981	69.5	98	2.0	0.4	24.5	-	-	12	18	0.8	-	-	-	-	-	-	-	-	-	-	(1880)	0.09	11	100
IDN040	Tempoya	KZGMI-1964	70.1	110	1.7	1.3	21.9	2.6	5	190	45	2.9	-	-	-	-	-	-	-	0.3	0.04	-			0	
IDN041	Terasi	KZGPI -1990	33.8	155	22.3	2.9	9.9	2.7	31.1	3812	726	78.5	-	-	-	-	-	-	0	0.24	-	-			0	
IDN042	Terasi dobo	KZGMI-1964	58.4	191	33.1	3.6	6.6	-	11.5	2250	1130	22.9	650	1260	2.9	5	-	-	-	0.74	0.22	-			-	
IDN043	Terasi merah	DKBM-1981	44.0	174	30.0	3.5	5.6	-	-	100	(250)	3.1	-	-	-	-	-	-	-	-	-	-	0	0	0	100