4. TABEL KOMPOSISI PANGAN

4.1. SEREALIA DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
TUNGGAL/SINGLE																								
AR001	Beras giling, mentah	KZGMI-2001	12.0	357	8.4	1.7	77.1	0.2	0.8	147	81	1.8	27	71.0	0.10	0.5	0	0	0	0.20	0.08	2.6	0	100
AR002	Beras giling var pelita, mentah	KZGPI- 1990	11.4	369	9.5	1.4	77.1	0.4	0.6	68	171	1.4	34	0.0	0.00	0.0	0	0	0	0.26	0.00	0.0	0	100
AR003	Beras giling var rojolele, mentah	KZGPI- 1990	12.0	357	8.4	1.7	77.1	0.2	0.8	147	81	1.8	34	112.9	0.14	0.1		0	80	0.20	0.02	1.5	0	100
AR004	Beras hitam, mentah	KZGMI-2001	12.9	351	8.0	1.3	76.9	20.1	0.9	6	198	0.1	15	105.0	0.10	1.6	0	0	0	0.21	0.06	0.0	0	100
AR005	Beras jagung kuning, kering, mentah	KZGMI-2001	10.8	358	5.5	0.1	82.7	10.0	0.9	20	90	1.4	1	80.0	0.10	4.1		641		0.12	0.08	1.0	3	100
AR006	Beras jagung putih, kering, mentah	KZGMI-2001	22.5	307	4.8	0.1	71.8	10.0	0.8	17	78	1.2	1	70.0	0.10	3.5		301		0.15	0.07	0.9	0	100
AR007	Beras ketan hitam tumbuk, mentah	KZGPI- 1990	13.7	360	8.0	2.3	74.5	1.0	1.5	10	347	6.2	11	288.0	0.28	2.2	0	0	0	0.24	0.10	2.0	0	100
AR008	Beras ketan putih tumbuk, mentah	KZGPI- 1990	12.9	361	7.4	0.8	78.4	0.4	0.5	13	157	3.4	3	282.0	0.28	2.2	0	0	0	0.28	0.00	1.4	0	100
AR009	Beras ladang, mentah	KZGMI-2001	9.8	376	7.5	3.8	78.0	5.9	0.9	20	110	0.8	10	70.0	0.10	1.4	0	0		0.20	0.20	5.1	0	100
AR010	Beras menir, mentah	DABM-1964	12.0	362	7.7	4.4	73.0	0.2	0.2	22	272	3.7	90	201.0	0.10	0.5	0	0		0.55	0.00	1.9	0	100
AR011	Beras *parboiled*	DABM-1964	10.0	353	6.8	0.6	80.0	0.5	2.5	5	142	0.8	2	46.0	0.28	1.0	0	0		0.22	0.11	3.4	0	100
AR012	Beras tumbuk, mentah	KZGMI-2001	11.5	354	7.8	0.4	79.9	3.8	0.4	3	112	0.6	5	85.0	0.50	1.5	0	0		0.25	0.22	5.1	0	100
AR013	Beras tumbuk merah, mentah	KZGPI- 1990	14.6	352	7.3	0.9	76.2	0.8	1.0	15	257	4.2	10	202.0	0.36	1.9	0	0	0	0.34	0.00	3.3	0	100
AR014	Cantel, mentah	DABM-1964	11.0	366	11.0	3.3	73.0	1.2	1.7	28	287	4.4	7	249.0			0	0		0.09	0.14	2.8	0	100

4.1. SEREALIA DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
AR015	Jagung muda, kuning, mentah	KZGPI- 1990	61.8	147	5.1	0.7	31.5	1.3	0.9	6	122	1.1	5	33.6	0.13	0.9	0	113	261	0.24	0.10	0.8	9	100
AR016	Jagung kuning pipil, kering, mentah	KZGPI- 1990	11.5	366	9.8	7.3	69.1	2.2	2.4	30	538	2.3	5	79.4	0.10	4.1		636	641	0.12	0.12	1.8	3	100
AR017	Jagung pipil var. harapan, kering	KZGPI- 1990	11.3	367	6.2	5.1	76.2	2.6	1.2	7	354	2.8	1	79.6	0.10	4.1		637	385	0.19	0.08	1.0	0	100
AR018	Jagung pipil var. metro, kering	KZGPI- 1990	10.6	368	5.5	4.6	78.0	2.9	1.3	7	300	2.4	1	80.2	0.10	4.1		642	554	0.16	0.08	1.0	0	100
AR019	Jali, mentah	DABM-1964	23.0	324	11.0	4.0	61.0	3.1	1.0	213	176	11.0	24		0.10	0.4				0.14	0.08	1.8	0	90
AR020	Jawawut, mentah	DABM-1964	11.9	364	9.7	3.5	73.4	8.2	1.5	28	311	5.3	7	255.1	0.45	1.5		33		0.33	0.28	4.5		100
AR021	Jampang huma, mentah	DABM-1964	11.7	350	6.2	1.4	78.2	1.7	2.5	329	254	5.3	53	396.7	0.70	1.6		33		0.51	0.30	0.7	0	100
OLAHAN/PRODUK/KOMPOSIT																								
AP001	Nasi	KZGPI- 1990	56.7	180	3.0	0.3	39.8	0.2	0.2	25	27	0.4	1	38.0	0.10	0.6	0	0		0.05	0.10	2.6	0	100
AP002	Nasi tim	OKN-1992	71.0	120	2.4	0.4	26.0	0.5	0.2	3	7	0.4	0	23.9	0.10	0.4		0		0.10	0.00	1.4	0	100
AP003	Tapai beras	KZGMI-2001	75.5	99	1.7	0.3	22.4	0.0	0.1	4	19	0.0	26	2.0	0.10	0.5	0	0	0	0.00	0.00	0.0	0	100
AP004	Tepung beras, mentah	DABM-1964	12.0	353	7.0	0.5	80.0	2.4	0.5	5	140	0.8	5	241.0	0.10	0.8	0	0	0	0.12	0.10	1.2	0	100
AP005	Nasi beras merah	KZGPI- 1990	64.0	149	2.8	0.4	32.5	0.3	0.3	6	63	0.8	5	91.4	0.20	0.9	0	0	0	0.06	0.00	1.6	0	100
AP006	Bihun, mentah	DABM-1964	12.9	348	4.7	0.1	82.1	1.2	0.2	6	35	1.8	12	5.0	0.08	0.7	0	0	0	0.00	0.00	0.2	0	100
AP007	Bihun goreng instan	KZGMS-1993	9.0	381	6.1	3.9	80.3		0.7	266	151	2.9	928				58		400	0.37			0	100
AP008	Bihun Jagung, mentah	BKP	11.3	354	0.5	0.3	87.4	3.0	0.5	13	111	0.6	49	1.4	0.40	0.0		0	0	0.02	0.02	0.3	0	100
AP009	Nasi jagung	BKP	11.0	357	8.8	0.5	79.5	6.2	0.3	5	43	0.6	2	30.4	0.10	0.3		0	0	0.30	0.02	0.1	0	100
AP010	Jagung kuning muda, rebus	KZGPI- 1990	53.2	142	5.0	0.7	30.3	0.8	0.8	5	105	0.8	5	24.3	0.20	0.9		145	225	0.15	0.00	0.7	0	100
AP011	Jagung kuning, tepung	DABM-1964	12.0	355	9.2	3.9	73.7	7.2	1.2	10	256	2.4	11	24.4	0.23	1.7		0	510	0.38	0.02	0.3		100

4.1. SEREALIA DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
AP012	Jagung kuning pipil, rebus	KZGPI- 1990	63.7	154	3.8	3.5	28.4	0.7	0.6	7	171	0.5	5	56.4	0.10	4.4		818	234	0.08	0.10	1.7	0	100
AP013	Tepung jagung putih	DABM-1964	12.0	355	9.2	3.9	73.7	7.2	1.2	10	256	2.4	11	24.4	0.23	1.7		0	0	0.38	0.02	0.3		100
AP014	Ketupat ketan	KZGPI- 1990	52.0	212	4.0	4.6	38.6	0.2	0.9	8	46	1.0					0	0	0	0.07		0.2	0	100
AP015	Ketan hitam, matang	KZGPI- 1990	56.9	181	4.0	1.2	37.3	0.3	0.6	9	144	1.7	9	18.4	0.10	0.7	0	0	0	0.06	0.00	0.5	0	100
AP016	Tapai ketan hitam	KZGPI- 1990	50.2	166	3.8	1.0	34.4	0.3	0.6	8	106	1.6	5	12.0					0	0.02			0	100
AP017	Ketan putih, matang	KZGPI- 1990	60.7	163	3.0	0.4	35.7	0.2	0.2	4	55	0.7	8	16.8	0.10	0.7	0	0	0	0.07	0.00	0.5	0	100
AP018	Tapai ketan putih	KZGPI- 1990	58.9	172	3.0	0.5	37.5	0.6	0.1	6	35	0.5	1				0	0	0	0.04	0.00	0.2	0	100
AP019	Maizena, tepung	DABM-1964	14.0	341	0.3	0.0	85.0	7.0	0.7	20	30	1.5	6	9.0	0.22	1.6	0	0	0	0.00	0.09	1.3	0	100
AP020	Makaroni, mentah	DABM-1964	11.7	353	8.7	0.4	78.7	4.9	2.5	20	80	0.3	5	0.0	0.28	1.4			0	0.10	0.13	2.2	0	100
AP021	Mi basah	DABM-1964	80.0	88	0.6	3.3	14.0	0.1	2.1	14	13	6.8	63	13.5	0.06	0.4		0		0.00	0.00	0.0	0	100
AP022	Mi kering	KZGPI- 1990	10.6	339	10.0	1.7	6.3	0.4	1.4	31	143	3.9	760	83.0	0.29	1.9			0	0.00	0.08	2.2	0	100
AP023	Misoa	KZGPI- 1990	10.0	345	8.5	2.2	78.0	0.5	1.3	52	120	8.7	3064	44.0	0.08	0.0	0	0	0	0.00	0.02	0.2	0	100
AP024	Roti putih	DABM-1964	40.0	248	8.0	1.2	50.0	9.1	0.8	10	95	1.5	530	91.0	0.15	0.9	0	0	0	0.10	0.29	2.4	0	100
AP025	Tepung terigu	KZGPI- 1990	11.8	333	9.0	1.0	77.2	0.3	1.0	22	150	1.3	2	0.0	0.00	2.8	0	0	0	0.10	0.07	1.0	0	100
AP026	Amparan tatak	KZGMI-2001	58.4	191	1.3	5.5	34.0		0.8															100
AP027	Apang kukus, kue	KZGMI-2001	49.5	202	3.0	0.3	46.7		0.5															100
AP028	Apem, kue	KZGMI-2001	63.1	148	2.0	0.5	33.9		0.5															100
AP029	Biskuit	DABM-1964	2.2	458	6.9	14.4	75.1	2.1	1.4	62	87	2.7	241	20.3	0.16	0.6	0	14		0.09	0.15	1.4	0	100
AP030	Bakpia, kue	KZGPI- 1990	38.9	272	8.7	6.7	44.1	0.9	1.6	194	117	4.5							1392	0.31	1.00	2.9	0	100
AP031	Bakwan	KZGPI- 1990	40.5	280	8.2	10.2	39.0	3.4	2.1	204	79	7.0					0		0	0.08			0	100
AP032	Bantal	KZGMI-2001	52.3	190	3.3	0.3	43.5	3.4	0.6	9	0	0.4	164	84.0	0.20	0.9				0.27	0.02	3.6		100
AP033	Baruasa	KZGMI-2001	5.3	417	6.5	8.2	79.3		0.7															100
AP034	Batar daan	KZGMI-2001	75.3	107	2.2	2.2	19.6		0.7	20	30	0.6	200	90.0	0.10					0.18	0.02			100

4.1. SEREALIA DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
AP035	Bika ambon	KZGPI- 1990	51.5	199	2.1	1.5	44.4	0.3	0.6	45	28	1.8					0		408	0.10		0.0	0	100
AP036	Bingka	KZGMI-2001	44.4	273	5.3	10.6	39.1		0.6															100
AP037	Bobengka	KZGMI-2001	46.3	225	5.3	2.6	45.2		0.6															100
AP038	Bolu peca	KZGMI-2001	55.6	197	3.3	4.6	35.6		0.9		0	0.0	0	0.0							0.00	0.0	0	100
AP039	Brem	KZGPI-1990	37.4	249	3.4	0.4	58.0	0.0	0.9	198	86	2.0					0		240	0.34	0.00	0.0	0	100
AP040	Bubur tinotuan (Manado)	KZGMI-2001	80.9	156	2.3	0.2	15.6	8.2	1.0	41	20	0.4	486	164.0	0.30	0.4		1437		0.10	0.04		15	100
AP041	*Cake* tape	KZGMI-2001	32.2	323	4.9	11.5	50.1	1.4	1.4	131	83	2.6					26		1872	0.38	0.16	0.3	0	100
AP042	Cangkuning	KZGMI-2001	57.5	204	2.8	7.5	31.4		0.8															100
AP043	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	100
AP044	Dodol galamai	KZGMI-2001	16.5	348	0.4	3.8	76.1	0.5	1.2	41	144	2.6	38	76.0	0.30	2.1	0	0	0	0.03	0.06	1.8	0	100
AP045	Dodol kedondong	KZGPI- 1990	26.4	331	1.9	7.6	63.8	1.0	0.4	90	55	2.3					0		408	0.11		0.8	5	100
AP046	Dodol manado	KZGMI-2001	26.1	373	4.3	16.5	51.9	0.4	1.2	41	142	2.4	35	72.0	0.30	2.1	0	0	0	0.04	0.06	2.1	0	100
AP047	Emping beras	KZGMI-2001	13.6	403	10.6	2.2	71.7	0.2	1.9	11	240	0.3	1	113.0	0.30	2.4			0	0.00	0.16		0	100
AP048	Gemblong	KZGPI- 1990	36.2	274	1.7	5.4	55.5	2.2	1.2	69	55	3.3					0	0	0	0.00			0	100
AP049	Gendar goreng	KZGPI- 1990	30.4	407	6.4	28.2	32.0	0.1	3.0	216	62	1.6					0		184	0.16	0.00	0.6	0	100
AP050	Intip goreng	KZGPI- 1990	6.5	474	7.6	21.6	62.3	1.2	2.0	323	64	2.5	0	38.0	0.05	0.5	0		200	0.25	0.01	0.8	0	100
AP051	Jagung gerontol	KZGPI- 1990	61.7	156	2.7	1.3	33.3	1.0	0.8	51	105	1.2					0		162	0.08	0.00	0.0	0	100
AP052	Jagung titi	KZGPI- 1990	9.2	374	9.4	2.2	79.1	0.8	0.1	14	142	2.9			9.00				11507	0.20				100
AP053	Japilus	KZGPI- 1990	3.8	500	1.2	25.1	67.3	0.4	2.7	186	29	4.9					0		0	0.17	0.03	0.4	0	100
AP054	Kakicak	KZGMI-2001	43.9	296	3.4	15.1	36.7		0.9															100
AP055	Kambose	KZGMI-2001	61.5	164	3.0	2.4	32.6	4.3	0.7	16	36	0.7	0	32.0	0.10	1.6	0	256		0.10	0.10	0.4		100
AP056	Kapusa	KZGMI-2001	63.5	158	4.4	3.2	27.8	5.3	1.0	79	115	1.2	104	149.0	0.50	1.1	0	1374		0.06	0.05	0.1	0	100
AP057	Keddo bodong	KZGMI-2001	33.9	290	4.6	5.7	55.2		0.6															100
AP058	Kelepon, kue	KZGMI-2001	49.6	215	3.7	3.7	41.8	1.0	1.2	232	45	3.3					0		872	0.09	0.07	0.2	0	100

4.1. SEREALIA DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
AP059	Kereput	KZGMI-2001	3.5	580	4.8	39.6	51.1		1.0															100
AP060	Ketoprak	KZGPI-1990	69.1	153	7.9	7.7	13.0	2.9	2.6	153	134	3.4					3		435	0.05			0	100
AP061	Ketupat kandangan	KZGMI-2001	78.5	109	2.2	5.2	13.4		0.7															100
AP062	Koya	KZGMI-2001	13.2	366	4.2	4.3	77.5	0.8	0.8	153	222	7.0					0						0	100
AP063	Koya mirasa	KZGMI-2001	7.2	370	8.0	1.0	82.2	0.4	1.6	83	110	17.0					3		144	0.19	0.45	2.6	0	100
AP064	Koyabu	KZGMI-2001	44.2	241	3.4	4.3	47.2		0.9															100
AP065	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	0	100
AP066	Kue bangen	KZGMI-2001	5.6	442	3.3	14.7	74.2		2.2															100
AP067	Kue gelang	KZGMI-2001	7.1	448	5.8	16.1	70.0		1.0															100
AP068	Kue jahe	KZGPI- 1990	3.7	425	1.6	8.8	84.6	1.2	1.3	155	61	4.0					0		0	0.20			0	100
AP069	Kue kelapa	KZGMI-2001	3.3	591	5.6	42.1	47.5		1.5	32	180	1.6	33	443.0	0.50	1.1								100
AP070	Kue koa	KZGMI-2001	14.5	340	4.8	0.4	79.3		1.0															100
AP071	Kue ku temu	KZGMI-2001	46.2	214	3.5	0.2	49.6		0.5															100
AP072	Kue lumpur	KZGMS-1993	40.1	291	3.6	11.1	44.1		1.1	96	60	2.3					20		400	0.24				100
AP073	Kue pelita	KZGMI-2001	71.0	141	5.3	5.5	17.6		0.6															100
AP074	Kue putu cangkir	KZGPI- 1990	32.6	304	5.3	7.0	54.9	0.9	0.2	18	193	4.0					0		0	0.06			0	100
AP075	Kue sus	KZGMS-1993	56.6	221	7.5	10.2	24.8		0.9	105	85	2.5					26		1300	0.12			0	100
AP076	Kue timphan	KZGMI-2001	43.0	247	2.9	4.2	49.5		0.4	16	107	1.8	95	56.0	1.30	0.8				0.17				100
AP077	Laksa/putu mayang	KZGMI-2001	73.2	121	1.7	3.4	21.1		0.6															100
AP078	Lapis legit	KZGPI- 1990	21.3	389	6.6	15.7	55.5	0.5	0.9	16	136	1.9					41		1032	0.26	0.09	3.0	0	100
AP079	Lupis ketan	KZGPI- 1990	61.0	164	1.8	2.1	34.5	0.7	0.6	119	31	1.5					0		0	0.09	0.00	0.2	0	100
AP080	Manan samin	KZGMI-2001	27.1	379	3.4	18.1	50.6		0.8															100
AP081	Martabak India	KZGMI-2001	65.8	153	4.5	4.2	24.3		1.2	14	108	2.4	240	112.0	0.40	0.5								100
AP082	Martabak Mesir	KZGMI-2001	40.2	278	5.1	8.6	45.0		1.1	49	168	3.4	193	123.0	0.20	0.9								100

4.1. SEREALIA DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
AP083	Masekat	KZGMI-2001	15.6	369	2.1	7.0	74.1	4.0	0.8	17	52	0.8	141	12.0	0.40	0.3	155							100
AP084	Mie Aceh rebus	KZGMI-2001	74.6	113	3.0	3.2	18.1		1.1	22	44	1.4	191	36.0	0.20	0.3	0	0		0.00	0.00	0.0	0	100
AP085	Mie ayam	KZGMS-1993	78.6	102	6.2	3.9	10.5		0.8	262	51	1.8	279				39		166	0.85		0.0	0	100
AP086	Mie bakso	KZGMS-1993	74.5	114	5.3	3.0	16.4	0.1	0.8	286	53	1.9	760				17		180	0.16			0	100
AP087	Mie celon	KZGMI-2001	75.9	102	3.0	2.1	17.8		1.2	12	84	1.4	451	112.0	0.10	0.5	0	0		0.00	0.00	0.0	0	100
AP088	Mie pangsit basah	KZGMS-1993	79.2	105	5.9	4.9	9.4		0.7	208	48	2.0	530				25		620	0.46			0	100
AP089	Nasi gemuk	KZGMI-2001	61.4	192	3.8	8.8	24.4	0.7	1.6	15	74	1.0	355	63.0	0.20	1.4	0	0		0.19	0.05	2.0	0	100
AP090	Nasi gurih	KZGMI-2001	60.5	190	4.7	7.5	26.0	0.7	1.3	12	62	0.8	296	52.0	0.20	1.2	0	0		0.11	0.06	2.1	0	100
AP091	Nasi minyak	KZGMI-2001	53.3	207	3.5	5.0	37.1	0.8	1.1	26	100	1.5	74	174.0	0.20	2.2	0	0		0.14	0.07	2.6	0	100
AP092	Nasi rames	KZGMS-1993	65.8	155	10.3	4.2	19.1		0.6	239	62	1.8	265				96		3140	0.59				100
AP093	Nopia spesial	KZGPI- 1990	11.5	387	5.3	7.6	74.3	0.3	1.3	903	133	4.2							512	0.17			0	100
AP094	Onde-onde	KZGMI-2001	27.7	336	4.0	9.8	57.9		0.6															100
AP095	Padamaran	KZGMI-2001	67.6	171	3.9	8.9	18.8		0.8															100
AP096	Pastel	KZGMS-1993	38.3	307	4.5	13.3	42.4		1.5	296	53	2.5					0		5360	0.15			0	100
AP097	Pulut	KZGMI-2001	49.1	216	2.6	3.1	44.4		0.8	6	70	3.8	100	22.0	0.40	1.3	0	0		0.14				100
AP098	Pundut nasi	KZGMI-2001	77.8	104	1.9	4.1	15.1	0.4	1.1	26	100	1.5	74	174.0	0.00	0.0								100
AP099	Putri hijau	KGZMI-2001	54.8	189	5.4	2.1	37.2		0.5															100
AP100	Putri selat	KZGMI-2001	66.6	163	2.2	6.5	23.8		0.9	72	3	4.0	6	68.0			0	0						100
AP101	Putu sopa	KZGMI-2001	50.7	215	3.3	4.1	41.1		0.8															100
AP102	Renggi goreng	KZGMI-2001	8.8	471	4.7	21.8	64.1	6.4	0.6	4	80	1.1	126	29.0	0.90	1.3	0	0	0	0.53	0.05	8.2	0	100
AP103	Roti boong	KZGMI-2001	34.0	341	5.5	16.2	43.3		1.0	15	65	1.1	161	41.0		0.9				0.40	0.30	2.4	0	100
AP104	Roti warna sawo matang	DABM-1964	40.0	249	7.9	1.5	49.7		0.9	20	140	2.5	500	91.0			0	0	0	0.15			0	100
AP105	Sarimuka	KZGMI-2001	61.5	166	2.3	2.8	32.9		0.5	36	13	2.0	3	34.0	0.00	0.0								100
AP106	Spaghetti	KZGMS-1993	66.1	139	7.4	2.1	22.6		2.1	109	53	4.7					42		940	0.35			0	100

4.1. SEREALIA DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
AP107	Srikaya ketan	KZGMI-2001	41.0	265	2.7	6.4	49.1		0.8															100
AP108	Sunduk lawang	KZGMI-2001	63.4	181	1.9	1.3	32.4		1.0															100
AP109	Suwir-suwir	KZGPI- 1990	13.4	347	0.5	0.9	84.2	0.8	1.0	42	40	4.3					1		240	0.13		0.9	0	100
AP110	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	0	100
AP111	Wajit camilan	KZGPI- 1990	27.1	303	6.3	2.7	63.3	6.9	0.6	61	302	5.5					0		0	0.03			0	100
AP112	Widaran	KZGPI- 1990	7.0	424	1.3	10.7	80.7	0.2	0.3	49	88	2.5					21		440	0.13	0.20	2.2	0	100
AP113	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	0.0	0	100
AP114	Yangko	KZGPI- 1990	37.4	254	3.0	1.1	58.1	0.8	0.4	184	24	2.6					0		96	0.15		0.0	0	100

4.2. UMBI BERPATI DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
TUNGGAL/SINGLE																								
BR001	Arrowroot, segar	KZGPI- 1990	73.5	102	1.0	0.2	24.1	1.7	1.2	28	35	1.7	36	626.6	0.20	0.8	0	15	0	0.06	0.10	2.3	2	100
BR002	Batatas gembili, segar	KZGMI-2001	76.7	76	1.1	0.9	16.0	4.2	0.7	0	40	0.2	10	200.0	0.20	0.3	0	0	0	0.06	0.00	0.9	0	85
BR003	Batatas kelapa, ubi, segar	KZGMI-2001	76.1	89	1.1	0.1	21.0	4.0	0.7	0	40	0.2	20	340.0	0.10	0.2	0	0	0	0.38	0.00	0.9	0	85
BR004	Belitung, talas, segar	KZGPI- 1990	63.1	145	1.2	0.4	34.2	1.5	1.1	26	54	1.4	6	536.1	0.20	0.9	0	0	0	0.10	0.10	2.3	2	85
BR005	Bengkuang, segar	DABM- 1964	85.1	59	1.4	0.2	12.8	1.0	0.5	15	18	0.6	2	244.3	0.10	0.3		0		0.04	0.10	0.2	20	84
BR006	Bentul (komba), talas, segar	KZGPI- 1990	75.8	98	1.6	0.7	20.9	0.7	1.8	44	66	1.5		195.5	0.20	0.6	0	0	0	0.02	0.10	0.8	0	86
BR007	Gadeng/Gadung, kering	KZGMI-2001	20.2	322	2.4	0.6	76.6		0.2	39	22	2.2	5	2.0	0.50	0.2	0	0	0	0.45	0.02	1.0	0	100
BR008	Gadung, ubi, segar	KZGPI- 1990	74.4	100	0.9	0.3	23.5	2.1	0.9	79	66	0.9	8	687.2	0.20	0.2	0	0	0	0.23	0.00	0.5	2	85
BR009	Ganyong, segar	KZGPI- 1990	79.9	77	0.6	0.2	18.4	0.8	0.9	15	67	1.0					0	0	0	0.10			9	65
BR010	Gembili, ubi, segar	KZGPI- 1990	66.4	131	1.1	0.2	31.3	1.1	1.0	14	56	0.6	10	200.0	0.20	0.3	0	0	0	0.08	0.00	0.9	4	85
BR011	Hofa/ubi hutan, segar	KZGMI-2001	67.9	127	1.2	0.5	29.5	3.4	0.9	30	8	0.7	3	4.0	0.10	0.2	0	0	0	0.30	0.05	0.6	0	85
BR012	Kaburan, ubi, segar	KZGPI- 1990	66.5	133	1.0	0.2	32.2	0.7	0.5	65	50	0.6	10	899.2	0.20	0.2	0	0	0	0.01	0.00	0.3	0	81
BR013	Kentang, segar	KZGPI- 1990	83.4	62	2.1	0.2	13.5	0.5	0.8	63	58	0.7	7	396.0	0.40	0.3	0	0	0	0.09	0.10	1.0	21	85
BR014	Kentang hitam, segar	DABM- 1964	64.0	142	0.9	0.4	33.7	5.4	1.0	34	75	0.2	22	890.3	0.90	0.6		0		0.02	0.10	2.2	38	75
BR015	Keribang, ubi, segar	KZGPI- 1990	67.0	137	1.3	1.1	29.8	0.6	0.8	45	56	0.8	10	885.8	0.20	0.3	0	0	0	0.00	0.00	0.7	0	83
BR016	Ketela pohon/ singkong, segar	KZGPI- 1990	61.4	154	1.0	0.3	36.8	0.9	0.5	77	24	1.1	2	394.0	0.30	0.4	0	0	0	0.06	0.10	0.5	31	85
BR017	Lepok/ubi rumput	KZGMI-2001	55.3	181	2.8	1.2	39.8	10.7	0.9	7	50	3.1	116	306.0	1.60	0.9	0	0	0	0.28	0.05	1.5	0	85
BR018	Sagu aren, kering	KZGPI- 1990	11.9	355	0.6	1.1	85.6	0.3	0.8	91	167	2.2	2	200.0	0.00	0.3			0	0.04	0.10	0.5	0	100
BR019	Sagu aren, segar	KZGMI-2001	42.5	231	0.6	0.2	56.6	3.2	0.1	20	20	0.1	7	0.0	0.10	0.1	0		0	0.20	0.00	0.0	0	100
BR020	Sagu kasbi segar	KZGMI-2001	42.5	230	0.6	0.2	56.5	3.0	0.2	20	1	0.3	100	410.0	0.10	0.2	0	0	0	0.10	0.00	0.0	0	100

4.2. UMBI BERPATI DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
BR021	Sagu lempeng	KZGMI-2001	13.5	347	0.9	0.3	85.2	4.7	0.1	30	30	0.2	11	0.0	0.10	0.1	0	0		0.30	0.00	0.0	0	100
BR022	Sagu singkong, kering	DABM- 1964	12.0	362	0.5	0.3	86.9		0.3	0	0	0.0						0	0	0.00			0	100
BR023	Sente, talas, segar	DABM- 1964	14.0	353	0.7	0.2	84.7	6.6	0.4	11	13	1.5	30	694.6	0.60	2.2		41		0.05	0.20	2.8	5	86
BR024	Suweg, talas, segar	KZGPI- 1990	80.1	74	1.4	0.1	17.2	1.4	1.2	42	46	1.3	7	400.0	0.10	0.1	0	24	254	0.04	0.00	0.4	2	86
BR025	Talas bogor, segar	KZGPI- 1990	72.4	108	1.4	0.4	25.0	0.9	0.8	47	67	0.7	10	448.0	0.20	0.7	0	0	0	0.06	0.07	1.0	4	85
BR026	Talas pontianak, segar	KZGPI- 1990	60.0	163	2.3	0.5	36.4	0.7	0.9	45	80	1.7	14	323.1	0.30	1.0	0	0	0	0.02	0.10	1.3		83
BR027	Talas viqueque, segar	KZGMI-2001	70.6	115	1.8	0.5	25.9	8.6	1.2	50	220	0.9	1	70.0	0.30	1.0	0	0	0	0.08	0.10	0.9		85
BR028	Ubi jalar, kuning, segar	KZGMI-2001	72.6	119	0.5	0.4	25.1	4.2	1.0	30	40	0.4	3	1.0	0.10	0.2	0	794	4948	0.06	0.07	0.7	21	85
BR029	Ubi jalar manis, segar	KZGPI- 1990	78.4	83	1.5	0.2	18.8	0.6	1.1	27	162	2.1	52	320.7	0.10	0.3	0	0	0	0.02	0.00	0.4	0	85
BR030	Ubi jalar merah, segar	KZGPI- 1990	61.9	151	1.6	0.3	35.4	0.7	0.6	29	74	0.7	92	565.6	0.30	0.5	0	0	1208	0.13	0.08	0.7	11	86
BR031	Ubi jalar putih, segar	KZGMI-2001	77.8	88	0.4	0.4	20.6	4.0	0.8	30	10	0.5	2	4.0	0.10	0.2	0	13	264	0.25	0.06	0.5	36	86
BR032	Ubi jalar tinta/ kemayung	KZGMI-2001	72.5	108	0.5	0.4	25.6	4.2	1.0	30	40	0.5	1	1.0	0.10	0.2	0	13	0	0.09	0.06	0.6	24	85
BR033	Umbi Uwi, segar	BKP	69.7	120	2.8	0.5	82.3	2.6	0.9	9	42	1.3	12	412.0	0.30	0.6		0	0	0.02	0.50	0.2	4	86
OLAHAN/PRODUK/KOMPOSIT																								
BP001	Batatas kelapa, ubi, bakar	KZGMI-2001	73.2	110	1.4	1.1	23.4	4.5	0.7	1	46	0.2	12	230.0	0.20	0.3	0	0	0	1.13	0.00	0.0	0.0	85
BP002	Batatas kelapa, ubi, kukus	KZGMI-2001	75.7	92	1.2	0.3	21.0	4.1	1.8	0	42	0.2	10	209.0	0.20	0.3	0	0	0	0.28	0.00	0.7	0.0	100
BP003	Batatas tali, ubi, rebus	KZGMI-2001	53.2	182	2.4	0.4	42.2	9.2	1.8	1	80	0.3	20	402.0	0.30	0.6	0	0	0	0.27	0.00	1.3	0.0	100
BP004	Belitung, talas, kukus	KZGPI- 1990	63.1	145	1.2	0.4	34.2	1.0	1.1	21	48	0.9	7	552.6	0.20	0.9	0	0	0	0.08	0.10	2.3	1.0	100
BP005	Bentul, talas, kukus	KZGPI- 1990	81.1	71	2.3	0.3	15.4	0.5	0.9	29	26	0.6		201.0	0.20	0.6	0	0	0	0.06	0.00	0.0	21.0	100

4.2. UMBI BERPATI DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
BP006	Gadung, ubi, kukus	KZGPI- 1990	77.4	88	0.6	0.3	20.9	0.9	0.8	26	47	0.4	6	584.0	0.20	0.2	0	0	0	0.03	0.00	0.4	0.0	100
BP007	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			6.0	100
BP008	Ketela pohon/singkong kukus	KZGPI- 1990	61.5	153	1.2	0.3	36.4	1.3	0.6	56	22	0.4	2	345.3	0.30	0.1	0	0	0	0.00	0.00	0.3	20.0	100
BP009	Suweg, talas, kukus	KZGPI- 1990	75.5	93	1.5	0.1	21.9	0.9	1.0	50	58	0.8	6	350.3	0.10	0.1	0	0	283	0.09	0.00	0.3	0.0	100
BP010	Talas bogor, kukus	KZGPI- 1990	69.2	120	1.5	0.3	28.2	0.7	0.8	31	63	0.7	11	498.0	0.20	0.6	0	0	0	0.05	0.60	0.8	2.0	100
BP011	Ubi jalar, kuning, kukus	KZGPI- 1990	74.2	100	0.7	0.3	23.8	1.0	1.0	44	46	0.4	3	0.8	0.10	0.2	0	819	4427	0.00	0.10	0.6	16.0	100
BP012	Ubi jalar tinta/ kemayung kukus	KZGPI- 1990	58.5	165	0.9	0.2	39.8	1.1	0.6	20	23	0.8	1	0.9	0.10	0.2	0	0	0	0.02	0.10	0.5	0.0	100
BP013	Bagea kelapa asin	KZGMI-2001	3.5	450	3.2	13.9	78.1		1.3	38	38	0.3	74	0.0	0.20	0.2	0	0	0	0.30	0.00	0.0	0.0	100
BP014	Bagea kelapa manis	KZGMI-2001	3.0	452	1.3	13.8	80.6		1.3	38	39	0.3	75	0.0	0.20	0.2	0	0	0	0.00	0.00	0.0	0.0	100
BP015	Bagea kenari asin	KZGMI-2001	2.8	529	3.2	29.1	63.6		1.3	38	40	0.4	74	0.0	0.20	0.2	0	0	0	0.30	0.00	0.0	0.0	100
BP016	Bagea kenari manis	KZGMI-2001	3.1	523	3.2	28.2	64.2		1.3	38	39	0.3	74	0.0	0.20	0.2	0	0	0	0.30	0.00	0.0	0.0	100
BP017	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	0.0	100
BP018	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			0.0	100
BP019	Beras Cerdas	BKP	11.3	350	2.7	1.1	82.3	6.2	2.6	28	351	2.9	358	568.0	0.20	0.9		0	0	0.02	0.20	0.3	0.2	100
BP020	Beras ganyong	BKP	9.3	364	3.4	0.7	86.3	4.7	0.5	4	47	5.0	4	72.2	0.20	0.6		1	0	0.02	0.02	0.3	0.2	100
BP021	Beras Siger	BKP	13.5	344	1.1	0.2	28.3	5.6	0.7	32	22	5.6	106	77.9	0.10	0.5		0	0	0.02	0.10	0.2	0.2	100
BP022	Biji nangka/Biji salak	KZGMI-2001	40.5	262	2.3	5.4	51.1	8.0	0.7	60	80	0.8	10	2.0	0.60	2.0	0	1667		0.10	1.00		10.0	100
BP023	Bubur sagu	KZGMI-2001	62.5	167	0.2	4.0	33.0		0.3	3	3	0.1	7	0.0	0.10	0.1	0	0	0	9.00		0.1	0.0	100
BP024	Cassavastick	KZGPI- 1990	5.6	460	0.8	18.7	71.8	1.6	2.7	144	58	7.5					0		107	0.19	0.07	0.1	0.0	100
BP025	Ceriping getuk singkong	KZGPI- 1990	7.2	462	1.2	20.7	67.7	0.6	3.2	1248	172	8.8					0		152	0.29	0.02	0.5	0.0	100
BP026	Gatot	BKP	12.8	347	1.3	0.7	83.8	5.8	1.4	78	44	17.1	28	242.0	0.20	0.7		0	0	0.02	0.10	0.4	0.2	100

4.2. UMBI BERPATI DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
BP027	Geblek	BKP	52.1	195	0.4	1.7	44.4	3.6	1.4	35	13	0.6	353	125.0	0.30	0.3		0	0	0.02	0.00	0.1	0.2	100
BP028	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	0.0	100
BP029	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	0.0	100
BP030	Gurandil	KZGPI- 1990	47.5	218	0.5	2.5	48.5	3.1	1.0	50	25	2.8							0	0.19			0.0	100
BP031	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	0.10	0.10	0.6		100
BP032	Kapurung	KZGMI-2001	79.6	41	2.0	0.3	7.8	2.0	0.6	34	12	0.3	185	566.0	0.10	0.3	0	213		0.12	0.25	2.7	15.0	100
BP033	Kecimpring singkong goreng	KZGPI- 1990	3.7	464	1.2	18.6	73.0	1.3	3.5	82	52	3.4							3320	0.34			0.0	100
BP034	Keremes	KZGPI- 1990	6.7	475	1.6	25.2	64.4	2.1	2.1	153	88	1.0					0		1000	0.00			0.0	100
BP035	Keripik gadung	KZGPI- 1990	4.0	446	2.8	14.5	76.0	1.7	2.8	147	52	1.9					0	0	0	0.95			0.0	100
BP036	Keripik kentang	KZGMI-2001	7.8	448	2.7	18.8	67.1	3.8	3.6	25	130	1.2	712	406.0	1.10			15		0.10	0.05	2.8	0.0	100
BP037	Keripik singkong	KZGPI- 1990	4.2	478	0.9	20.7	72.0	2.0	2.2	189	101	1.9					0	0	0	0.24			0.0	100
BP038	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			0.0	100
BP039	Keripik ubi	KZGMI-2001	6.0	486	0.2	23.9	67.6	14.3	2.3	68	92	0.9	52	2.0	0.70	2.3	0	920		0.10	0.10	0.5	0.0	100
BP040	Kerupuk cumi goreng	KZGMI-2001	3.4	444	6.9	14.6	71.3	5.0	3.8	47	375	1.8	837	191.0	0.10	0.3				0.40	0.10	1.8	0.0	100
BP041	Kerupuk kemplang (ikan) mentah	KZGMI-2001	14.2	325	1.8	0.4	78.5	4.5	5.1	59	268	2.3	1123	273.0	0.20	0.5	32	0		0.60	0.10	2.3	0.0	100
BP042	Kerupuk kemplang goreng	KZGPI- 1990	5.8	504	5.6	28.1	57.1	0.3	3.4	50	94	2.9					6		280	0.31			0.0	100
BP043	Kerupuk kemplang panggang	KZGPI- 1990	9.4	356	9.7	1.1	76.9	1.0	3.0	62	129	2.9					7		280	0.36			0.0	100
BP044	Kerupuk mie kuning goreng	KZGPI- 1990	7.2	476	0.1	21.1	71.3	4.2	0.3	57	36	4.6		109.0	0.10	0.2	0		333	0.22	0.00	0.9	0.0	100
BP045	Kerupuk udang goreng	KZGMI-2001	4.4	477	4.7	20.5	68.5	5.0	1.9	24	188	0.9	449	109.0	0.10	0.2		0		0.20	0.00	0.9	0.0	100
BP046	Kue bangket	KZGMI-2001	16.1	338	1.5	1.2	80.3		0.9	34	35	0.3	67	0.0	0.20	0.2	0	0	0	0.30	0.00	0.0		100
BP047	Kue putu singkong	KZGMI-2001	44.2	217	1.2	0.5	53.2	2.4	0.9	48	68	1.5	3	305.0				0	0	0.10	0.10	0.8		100
BP048	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			0.0	100

4.2. UMBI BERPATI DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
BP049	Mi golosor	KZGPI- 1990	82.9	71	0.2	0.8	15.9	0.1	0.2	117	5	0.2					0		112	0.05	0.02	0.0	0.0	100
BP050	Mie bendo	BKP	11.5	353	0.3	0.0	88.0	2.4	0.2	28	14	2.8	9	49.2	0.50	0.1		2	0	0.02	0.00	0.1	0.2	100
BP051	Mie sagu	BKP	52.8	190	0.2	0.4	46.5	1.4	0.1	8	7	0.3	10	2.6	0.10	0.0		2	0	0.00	0.40	0.0	0.2	100
BP052	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			0.0	100
BP053	Oyek	BKP	12.6	351	0.9	0.9	84.9	4.3	0.7	60	36	2.1	5	229.0	0.10	0.5		0	0	0.02	0.02	0.5	0.2	100
BP054	Papeda	KZGMI-2001	84.8	61	0.2	0.1	14.9	0.5	0.1	3	1	0.2	4	20.0	0.10	0.1	0	0	0	0.06	0.00	0.0	0.0	100
BP055	Rasbi (beras ubi)	BKP	11.1	394	2.2	8.8	76.6	6.8	1.3	68	76	1.6	165	388.0	0.40	0.4		0	0	0.02	0.30	1.2	0.2	100
BP056	Rasi (beras singkong)	BKP	12.6	350	0.9	0.4	85.7	14.4	0.5	42	21	1.5	8	14.0	0.30	0.5		0	0	0.02	0.02	0.4	0.2	100
BP057	Sagu forno	KZGMI-2001	31.5	291	0.5	4.0	63.4		0.6	10	20	0.8	40	50.0	0.10	0.2	0	0	0				0.0	100
BP058	Sagu lemak (kue Sagon)	BKP	4.3	452	2.8	14.8	76.8	1.1	0.7	15	39	1.1	182	52.7	0.04	0.8		1220	0	0.32	0.04	0.1	0.2	100
BP059	Sagu manis	KZGMI-2001	32.6	287	0.5	3.9	62.4		0.6	8	17	0.7	34	42.0	0.10	0.2	0	0	0				0.0	100
BP060	Sagu rendang	BKP	8.2	364	0.1	0.2	90.5	1.9	1.0	13	9	3.9	42	15.1	0.10	0.1		0	0	0.02	0.60	0.8	0.2	100
BP061	Sagu sinole	KZGMI-2001	22.0	354	0.8	8.3	68.9		0.1	10	30	0.8	30	11.0	0.20	0.3	0	0	0				0.0	100
BP062	Serimping talas Kebumen	KZGPI- 1990	4.8	478	2.5	21.2	69.2	1.7	2.3	112	118	2.3					0		0	0.25			0.0	100
BP063	Tapai singkong	KZGPI- 1990	57.4	169	1.4	0.3	40.2	2.0	0.7	21	34	0.8					0	0	0	0.00			9.0	100
BP064	Tepung arrowroot	DABM- 1964	13.6	355	0.7	0.2	85.2	0.4	0.3	8	22	1.5	2	10.7	0.00	0.1		20	3	0.09	0.00	0.0	0.0	100
BP065	Tepung ganyong	BKP	13.6	353	0.8	1.7	83.6	0.7	0.3	4	31	3.3	3	63.5	0.10	0.3		0	0	0.02	0.00	0.9	1.0	100
BP066	Tepung gaplek	BKP	13.0	345	2.4	0.4	83.1	6.7	1.1	18	95	1.5	6	55.0	0.40	1.2		1	0	0.30	0.20	0.1	0.2	100
BP067	Tepung kentang, kering	DABM- 1964	13.0	347	0.3	0.1	85.6	0.4	1.0	20	30	0.5	51	156.3	0.20	0.5		0	0	0.04	0.00	0.4	0.0	100
BP068	Tepung mocaf	BKP	11.9	350	1.2	0.6	85.0	6.0	1.3	60	64	15.8	8	403.0	0.10	0.6		0	0	0.02	0.02	0.7	1.7	100
BP069	Tepung sente	BKP	15.3	326	4.0	0.4	76.7	8.5	3.6	41	141	3.5	14	1602.0	0.40	1.4		0	0	0.02	0.20	7.7	0.2	100
BP070	Tepung singkong/ tapioka	DABM- 1964	9.1	363	1.1	0.5	88.2	0.9	1.1	84	125	1.0	1	7.1	0.00	0.1		0		0.04	0.00	0.4	0.0	100
BP071	Tepung tales beneng	BKP	12.2	332	5.7	0.6	76.1	12.2	5.5	59	302	10.7	7	1404.0	0.80	6.2		0	0	0.02	0.10	0.3	0.2	100

4.2. UMBI BERPATI DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
BP072	Tepung ubi ungu	BKP	9.4	354	2.8	0.6	84.4	12.9	2.8	89	125	3.9	42	940.0	0.80	0.6		0	0	0.40	0.02	0.0	0.2	100
BP073	Tiwul	BKP	11.2	353	2.4	1.1	83.4	6.5	1.6	55	95	4.7	5	670.0	0.20	0.8		0	0	0.02	0.02	0.1	2.8	100
BP074	Tiwul instan	BKP	9.1	395	3.2	8.5	76.5	4.2	2.7	81	81	5.8	377	469.0	2.10	1.2		0	0	0.40	0.20	0.2	4.0	100
BP075	Ubi cilembu	BKP	52.7	186	1.9	0.2	44.3	3.4	0.9	37	51	0.6	1	61.9	0.10	0.2		26	0	0.02	0.20	0.0	0.3	89.6
BP076	Uli batatas	KZGMI-2001	66.5	150	1.1	4.0	27.4		1.0		23	0.1	6	112.0	0.10	0.2	0	0	0	0.53	0.00	1.3	0.0	100

4.3. KACANG, BIJI, BEAN DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
TUNGGAL/SINGLE																								
CR001	Kacang arab, kering	DABM-1964	11.6	330	23.8	1.4	60.2	17.4	3.0	57	388	4.7	24	874.3	0.85	3.4		40	140	0.77	0.21	1.5	2	100
CR002	Kacang babi, kering	KZGPI-1990	11.6	341	30.4	3.2	51.3	4.5	3.5	178	521	6.8	13	1768.0	0.82	3.1			87	0.23	0.33	2.8		80
CR003	Kacang belimbing (kecipir), kering	KZGPI-1990	10.4	400	34.4	16.9	34.1	10.7	4.2	468	182	6.8	37	955.0	2.82	2.0				0.30	0.44	3.0		100
CR004	Kacang beracun, segar	KZGMI-2001	72.1	118	4.4	1.5	21.6		0.4	50	50	1.7	10	40.0	0.30	1.0				0.43				
CR005	Kacang bogor, kering	DABM-1964	10.0	370	16.0	6.0	65.0	26.3	3.0	85	264	4.2	44	868.8	1.48	2.7	0			0.18	0.26	6.2	0	100
CR006	Kacang bogor, segar	KZGPI-1990	60.8	165	7.7	3.1	27.4	2.5	1.0	96	126	5.3	6	537.0	0.41	1.2		29		0.32	0.35	2.7		100
CR007	Kacang endel, biji, kering	DABM-1964	14.0	331	25.0	1.0	58.0	23.6	2.0	80	400	5.0	12	1322.4	0.68	2.7	0			0.30	0.75	2.3		95
CR008	Kacang ercis, segar	KZGMI-2001	67.6	129	12.4	0.7	18.3	28.6	1.0	40	130	2.3	4	310.0	0.30	2.1		212		0.29	0.05	2.7		45
CR009	kacang galing, segar	DABM-1964	12.0	336	23.1	1.7	59.5		3.8	80	400	5.0					0			0.60			0	95
CR010	Kacang gude, biji, kering	KZGPI-1990	16.1	316	20.7	1.0	58.0	4.6	4.2	146	445	4.7	16	1306.2	0.99	2.7		19		0.30	0.19	2.4		100
CR011	Kacang gude, biji, segar	DABM-1964	70.3	114	7.0	0.6	20.8	4.4	2.3	3	122	1.5	4	480.5	0.12	0.9			70	0.37	0.07	0.8	43	100
CR012	Kacang hijau var. bakti, kering	KZGPI-1990	7.4	350	17.1	1.8	70.7	5.7	3.1	94	315	4.9	46	893.9	1.52	3.1		171	235	0.40	0.27	2.6	11	100
CR013	Kacang hijau var. siwalik, kering	KZGPI-1990	8.8	339	20.8	2.1	64.6	7.4	3.7	122	136	4.9	45	880.4	1.50	3.1		168	321	0.45	0.27	2.6		100
CR014	Kacang hijau, kering	KZGPI-1990	15.5	323	22.9	1.5	56.8	7.5	3.3	223	319	7.5	42	815.7	1.90	2.9		156	223	0.46	0.15	1.5	10	100
CR015	Kacang hitam, kering	KZGMI-2001	12.5	346	16.6	1.7	66.1	22.8	3.1	70	300	4.7	3	0.0	0.90	3.5		28		0.16	0.10	2.1		100
CR016	Kacang kapri, segar	DABM-1964	74.3	98	6.7	0.4	17.7	6.2	0.9	22	122	1.9	6	296.6	0.21	1.5			680	0.34	0.16	2.5	26	45
CR017	Kacang kedelai, kering	KZGPI-1990	12.7	381	40.4	16.7	24.9	3.2	5.5	222	682	10.0	210	713.4	1.58	3.9		237	31	0.52	0.12	1.2		100

4.3. KACANG, BIJI, BEAN DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
CR018	Kacang kedelai, segar	DABM-1964	20.0	286	30.2	15.6	30.1	2.9	4.1	196	506	6.9	28	870.9	1.24	3.6			95	0.93	0.26	1.8		100
CR019	Kacang kincai, kering	KZGMI-2001	4.2	444	19.9	16.0	55.0		4.9	26										0.10	0.10	1.9		
CR020	Kacang komak, segar	KZGMI-2001	20.9	327	16.4	4.3	55.8	0.5	2.6	74	282	4.0	22	1137.0	0.90	2.1				0.99	0.12	0.1		45
CR021	Kacang kuning, kering	KZGMI-2001	11.7	355	17.0	2.5	66.0	15.1	2.8	140	220	5.8	1	0.0	0.70	3.2		58		0.47	0.08	1.9		
CR022	Kacang lebui/ iris, kering	KZGMI-2001	11.8	346	16.5	1.5	66.6	37.3	3.6	144	368	3.4	17	1225.0	1.50	3.3		64		0.62	0.20	0.0		100
CR023	Kacang mentega, kering	KZGMI-2001	13.7	344	16.7	2.1	64.6	13.0	2.9	110	300	6.7	1	10.0	0.70	2.5		0		0.21	0.07	1.2		
CR024	Kacang merah/ banda, kering	KZGMI-2001	13.0	350	13.9	3.0	66.9	26.3	3.2	84	242	6.8	19	1127.0	0.00	42.0		137		0.15	0.76	0.3		100
CR025	Kacang merah tua, kering	KZGPI- I990	12.3	280	16.7	1.6	63.2	4.6	6.2	209	335	6.4	19	1348.5	0.69	2.8				0.10	0.08	2.0	6	100
CR026	Kacang merah, kering	KZGPI- I990	17.7	314	22.1	1.1	56.2	4.0	2.9	502	429	10.3	11	1265.5	0.65	2.6		129		0.40	0.72	2.2		100
CR027	Kacang merah, segar	KZGPI- I990	57.2	171	11.0	2.2	28.0	2.1	1.7	293	134	3.7	7	360.7	0.34	1.4		0	10	0.15	0.15	1.1		100
CR028	Kacang mete/biji jambu monyet, segar	KZGMI-2001	4.6	616	16.3	48.4	28.7	0.9	2.0	26	521	3.8	26	692.0	4.70	4.1		5		0.64	0.03	0.0		69
CR029	Kacang panjang, biji, kering	DABM-1964	12.2	357	17.3	1.5	68.6	10.6	0.4	163	437	6.9	16	1109.4	0.35	2.8	0	2182		0.57	0.98	7.1	2	100
CR030	Kacang tanah sangan	KZGPI- I990	1.2	560	29.5	43.0	24.1	2.9	2.2	107	366	4.1	34	509.8	1.69	2.1		0		0.31	0.30	15.5		100
CR031	Kacang tanah sangan tanpa selaput	DABM-1964	2.6	559	26.9	44.2	23.6	2.6	2.7	74	393	1.9	33	202.3	520.40	1.7	0	0		0.30	29.47	8.0	0	100
CR032	Kacang tanah, kering	KZGPI- I990	9.6	525	27.9	42.7	17.4	2.4	2.4	316	456	5.7	31	466.5	1.55	1.9		0	30	0.44	0.27	1.4		100
CR033	Kacang tolo/ tunggak, kering	KZGPI- I990	13.5	331	24.4	1.9	56.6	1.6	3.6	481	399	13.9	15	7.8	1.03	5.9		65		0.06	0.20	4.3		100
CR034	Kacang tunis, kering	KZGMI-2001	10.5	351	12.2	1.2	72.9	29.5	3.2	120	220	6.9	1	0.0	1.40	2.9				0.57	0.13	2.5		100

4.3. KACANG, BIJI, BEAN DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
CR035	Kacang uci, kering	KZGPI- I990	9.9	358	23.4	2.4	60.6	7.4	3.7	269	264	0.5	13	1457.7	0.35			20		0.10	0.20	2.5	2	100
CR036	Kacang urei, kering	KZGMI-2001	12.8	354	12.8	1.8	69.3	26.1	3.3	220	220	5.1	1	0.0	0.70	3.1				0.55	0.05	3.5		
CR037	Kenari banda, kering	KZGMI-2001	13.0	616	13.9	56.2	13.7		3.2	0	380	1.4	11	460.0	1.10	3.2		90		0.83	0.08	0.5		100
CR038	Kenari, kering	DABM-1964	3.0	657	15.0	66.0	13.0		3.0	92	691	7.7	3	505.8	0.97	3.0	0			0.42	0.09	0.5	0	100
CR039	Komak polong, segar	KZGMI-2001	74.3	99	3.3	0.1	21.2	10.3	1.1	50	99	13.1	15	567.0	0.20	0.6		5		0.13	0.03	0.2		100
CR040	Koro andong, kering	KZGPI- 1990	10.8	356	20.5	4.1	61.6	7.0	3.0	150	272	6.2	18	301.8	0.73	2.8		0		0.29	0.02	1.4	1	100
CR041	Koro benguk, biji, kering	DABM-1964	15.0	332	24.0	3.0	55.0	5.6	3.0	30	200	2.0	42	389.2	1.25	8.7		0	70	0.30	0.12	1.7	0	95
CR042	Koro kerupuk, biji, segar	DABM-1964	67.2	125	8.3	0.7	22.1	2.2	1.7	17	12	2.7	16	150.3	0.48	3.4		0	80	0.11	0.04	1.1	31	68
CR043	Koro loke, biji, segar	DABM-1964	88.6	33	2.7	0.2	7.9	3.5	0.6	60	40	2.0	2	38.6	0.09	0.4		0	40	0.10	0.00	0.2	0	95
CR044	Koro roay, kering	KZGPI- 1990	13.0	344	12.5	2.1	69.4	7.5	3.0	70	103	4.4	18	294.3	0.72	2.7		0	28	0.11	0.21	1.4	1	100
CR045	Koro wedus, biji, kering	DABM-1964	11.8	338	22.2	1.5	61.0	5.8	3.5	88	395	3.5	43	403.8	1.30	9.1	0	0		0.62	0.12	1.8	0	100
CR046	Lamtoro biji, muda, segar	DABM-1964	77.4	85	5.7	0.3	15.4	10.8	1.2	180	53	2.7	35	485.7	0.02	1.4		0	423	0.08	1.15	1.0	15	100
CR047	Lamtoro biji, tua, segar	DABM-1964	61.4	148	10.6	0.5	26.2	17.0	1.3	155	59	2.2	28	628.5	0.03	2.4			416	0.23	0.49	2.8	20	100
CR048	Lamtoro var. gung tanpa kulit	KZGPI- 1990	10.2	367	46.4	5.4	32.5	2.6	4.4	136	441	23.3	65	1462.3	0.07	5.6			18900	0.06	1.15	1.0	9	100
CR049	Lamtoro var. lokal dengan kulit	KZGPI- 1990	13.5	336	23.8	1.2	59.7	15.4	1.8	867	321	1.5	134	1858.9	0.07	5.4			321	0.15	1.34	0.9	16	100
CR050	Nangka, biji, segar	DABM-1964	57.7	165	4.2	0.1	36.7	1.8	1.3	33	200	1.0	69	179.0	0.12	0.2	0	0		0.20	0.03	1.4	10	75
CR051	Saga merah terkupas, kering	KZGPI- 1990	8.1	449	30.6	25.5	31.9	3.5	3.9	1062	161	14.2	66	1496.5	0.07	5.7			107	0.09	1.50	10.9	7	100
CR052	Wijen, kering	DABM-1964	5.8	568	19.3	51.1	18.1	3.6	5.8	1125	614	9.5	18	303.7	4.16	7.9		15		0.93	0.20	5.7	0	100
OLAHAN/PRODUK/KOMPOSIT																								
CP001	Kacang belimbing, rebus	KZGPI-1990	55.6	204	16.9	8.8	17.5	4.8	1.2	230	180	3.3	43	1098.0	3.24	2.3				0.20	0.48	0.7		100

4.3. KACANG, BIJI, BEAN DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
CP002	Kacang bogor, goreng	KZGPI-1990	3.0	479	12.7	23.2	58.9	1.2	2.2	135	184	2.9								0.25	0.45	4.1		35
CP003	Kacang bogor, rebus	KZGPI-1990	61.2	161	7.7	2.8	27.1	2.0	1.2	56	134	1.4								0.10				35
CP004	Kacang gude, rebus	KZGPI-1990	61.5	147	9.0	0.5	27.5	3.4	1.5	50	175	2.0	14	1126.0	0.80	2.7		12		0.10	0.07	13.2		100
CP005	kacang hijau, rebus	KZGPI-1990	71.3	109	8.7	0.5	18.3	1.5	1.2	95	149	1.5	447	657.8	1.40	2.8		18	120	0.12	0.04	0.4	3	100
CP006	Kacang kedelai, goreng	KZGPI-1990	9.6	521	32.2	37.7	22.9	7.6	3.7	296	800	6.5	3492	11890	26.30	60.0			20	0.40	1.90	19.0		100
CP007	Kacang kedelai, rebus	KZGPI-1990	56.8	189	20.2	8.2	12.7	1.6	2.1	91	270	3.9	181	615.0	1.30	3.7		4	15	0.20	0.04	0.5	0	100
CP008	Kacang merah kering, rebus	KZGPI- I990	59.6	158	10.3	0.9	28.2	2.6	1.0	160	149	3.7	6	311.0	0.27	1.5				0.20	0.09	0.8		100
CP009	Kacang merah segar, rebus	KZGPI- I990	63.1	144	10.0	1.0	24.7	3.5	1.2	144	150	2.8	6	311.0	0.27	1.5		0		0.10	0.08	0.7		100
CP010	Kacang mete/biji jambu monyet, goreng	KZGPI- 1990	1.0	629	20.4	56.3	19.8	1.1	2.5	502	493	8.0	13	641.7	4.70	5.4		5		0.37	0.22	1.8		100
CP011	Kacang tanah rebus dg kulit	DABM-1964	40.2	360	13.5	31.2	12.8		2.3	42	177	1.4	32	483.0	1.60	2.0	0			0.44	0.13	9.0	5	43
CP012	Kacang tanah, goreng	KZGPI- I990	2.5	564	25.5	44.4	25.5	2.8	2.8	106	390	4.1								0.40				100
CP013	Kacang tanah, rebus	KZGPI- I990	62.1	220	10.6	18.0	8.0	1.0	1.3	89	273	1.9	36	536.2	1.78	2.2				0.10			0	100
CP014	Kacang tolo, rebus	KZGPI- I990	64.4	138	10.7	1.1	22.6	0.9	1.2	165	172	4.0	13	6.7	0.80	6.1				0.01	0.17	3.2		100
CP015	Ampas kacang hijau	KZGPI- 1990	70.6	96	3.7	0.6	19.1	2.7	0.6	133	150	1.3								0.05				100
CP016	Ampas tahu, mentah	KZGPI- 1990	84.1	67	5.0	2.1	8.1	4.1	0.6	460	88	1.0	8	184.5	0.17	0.5		0		0.06	0.02	0.1		100
CP017	Ampas tahu kukus	KZGPI- 1990	82.5	75	4.1	2.1	10.7	5.1	0.6	203	60	1.3						0		0.07				100
CP018	Ampas tahu, kering	DABM-1964	9.0	414	26.6	18.3	41.3	0.0	5.8	19	29	4.0	45	1055.7	0.99	2.8	0	24		0.20	0.10	0.5	0	100
CP019	Pepea oncom ampas tahu	KZGPI- 1990	80.9	76	5.2	1.8	10.6	2.2	1.5	215	66	12.5							268	0.11				100

4.3. KACANG, BIJI, BEAN DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
CP020	Bungkil biji karet	DABM-1964	12.0	210	30.0	10.0	10.0		29.4	102	660	12.0					0			0.10			0	100
CP021	Bungkil kacang tanah	DABM-1964	15.0	365	45.0	13.0	17.0		33.1	730	470	30.7					0			0.04				100
CP022	Bungkil kelapa	DABM-1964	10.0	367	23.0	15.0	35.0		38.0	137	433	41.5					0			0.00	0.46	8.9		100
CP023	Dodol banjarmasin	KZGMI-2001	17.3	368	2.6	8.6	70.0	0.5	1.5	51	180	3.3	48	96.0	0.40	2.6	0	0	0	0.04	0.07	2.3	0	100
CP024	Emping (kerupuk melinjo)	DABM-1964	15.0	300	12.0	1.5	61.0		28.0	100	400	5.0								0.20			0	100
CP025	Emping komak	KZGMI-2001	14.2	355	17.8	4.6	60.7		2.7	87	304	4.3	24	1233.0	1.00	2.3		0				0.6		100
CP026	Enting-enting gepuk *hello kity*	KZGPI- 1990	2.4	538	13.6	30.3	52.6	0.2	1.0	81	248	1.6					0		202	1.00			0	100
CP027	Enting-enting gepuk kacang tanah	KZGPI- 1990	4.2	524	13.3	29.2	52.0	0.2	1.4	76	248	1.4					0		272	0.62			0	100
CP028	Enting-enting wijen	KZGPI- 1990	3.7	565	18.2	38.4	36.8	1.9	3.0	251	502	10.9					0		240	0.92			0	100
CP029	Geplak	KZGMI-2001	29.6	350	1.4	14.4	53.6	1.8	1.0	151	43	2.1					0		120	0.12	0.02	0.8	0	100
CP030	Geplak jahe	KZGMI-2001	12.4	462	3.1	24.4	57.7	3.3	2.5	212	161	6.6					0		272	0.12	0.00	0.1	0	100
CP031	Kacang atom	KZGPI- 1990	3.1	533	27.8	38.1	28.8	2.5	2.2	87	423	3.0							0	0.06			0	100
CP032	Kacang goyang	KZGMI-2001	8.3	516	14.7	31.1	44.4		1.5	34	230	0.7	2	365.0	0.60	1.7								100
CP033	Kacang negara	KZGMI-2001	3.1	480	18.4	19.1	58.5	11.7	0.9	34	404	10.3	1010	385.0	2.50	7.1				0.63	0.05	2.6		100
CP034	Kacang sukro	KZGPI- 1990	4.7	484	8.8	26.1	57.7	1.8	2.7	49	194	2.5							0	0.06			0	100
CP035	Kacang tanah sari	KZGPI- 1990	2.1	561	25.5	43.8	26.0	2.2	2.6	50	324	3.1							0	0.08			0	100
CP036	Keju kacang tanah (*peanut butter*)	DABM-1964	3.0	590	27.0	49.0	20.9	1.6	0.1	60	360	2.0	355	492.4	0.57	2.7	0	0		0.30	0.20	16.2	0	100
CP037	Kembang tahu	KZGPI- 1990	10.8	380	48.9	13.8	23.3	0.0	3.2	378	781	2.1	55	455.3	0.68	4.2		0		0.15	0.08	0.7		100
CP038	Kembang tahu rebus	KZGPI- 1990	79.8	90	10.7	4.0	4.7		0.8	85														100
CP039	Keripik oncom	KZGPI- 1990	3.0	598	8.3	43.8	42.6	3.3	2.2	85	153	27.0							1608	1.13			0	100
CP040	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	100
CP041	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	100

4.3. KACANG, BIJI, BEAN DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
CP042	Keripik tempe abadi murni	KZGPI- 1990	3.2	542	40.3	42.4	11.6	2.2	2.7	175	529	5.2							50	0.10			0	100
CP043	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			0	100
CP044	Keripik tempe abadi telur	KZGPI- 1990	4.5	529	20.8	31.7	40.2	3.0	2.9	124	222	5.4							0	0.86			0	100
CP045	Kerupik tempe abadi prima	KZGPI- 1990	4.8	540	16.7	33.9	42.0	2.2	2.6	92	184	3.2							1080	0.38			0	100
CP046	Kwaci	DABM-1964	9.9	515	30.6	42.1	13.8	13.6	3.7	54	312	6.2	124	448.6	0.65	9.7	0			0.02	0.19	0.3	0	35
CP047	Melinjo emping tebal goreng manis	KZGPI- 1990	5.6	439	10.0	16.4	65.7		2.3	66	225								0	0.10			0	100
CP048	Melinjo emping tebal, goreng asin	KZGPI- 1990	8.0	431	11.1	16.2	63.0		1.6	77									0	0.08			0	100
CP049	Melinjo emping tipis goreng	KZGPI- 1990	3.3	485	11.5	24.5	59.1		1.5	85	218								0	0.11			0	100
CP050	*Moon* tahu	KZGMS-1993	79.9	128	8.0	10.0	1.3	0.2	0.8	205	92	2.5	393				131		5300	0.46			0	100
CP051	Oncom	DABM-1964	57.0	187	13.0	6.0	22.6		1.4	96	115	27.0					0			0.09	0.00	1.6	0	100
CP052	Oncom ampas kacang hijau	KZGPI- 1990	13.4	376	14.9	6.0	65.7	12.3	1.7	199	110	10.9								0.03				100
CP053	Oncom kacang hijau + singkong	KZGPI- 1990	16.5	351	11.0	5.3	65.9	9.0	1.3	164	113	7.8								0.01				100
CP054	Oncom kacang tanah pepes	KZGPI- 1990	65.0	132	12.7	3.8	13.7	3.1	4.8	133	355	34.4							10	0.08	0.20	0.7	0	100
CP055	Rempeyek kacang tanah	KZGPI- 1990	3.9	513	17.5	32.5	44.3	1.7	1.8	65	202	2.6							0	0.10			0	100
CP056	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			0	100
CP057	Rempeyek kacang uci	KZGPI- 1990	4.0	497	17.0	27.6	50.8	2.4	3.4	166	89	6.7							0	0.05			0	100
CP058	Sayur lebui	KZGMI-2001	83.9	64	2.1	0.6	12.5	5.7	0.9	21	2	1.0	124	146.0	0.20	0.7		14			0.00	0.1		100
CP059	Saridele, bubuk	DABM-1964	3.0	344	30.0	20.0	43.0	6.2	4.0	450	500	4.0	56	2572.3	2.99	4.0		0	2000	0.70	0.16	2.0	10	100
CP060	Susu kedelai	DABM-1964	87.0	41	3.5	2.5	5.0	0.2	2.0	50	45	0.7	128	287.9	0.12	1.0			200	0.08	0.05	0.7	2	100
CP061	Tahu, mentah	KZGPI- 1990	82.2	80	10.9	4.7	0.8	0.1	1.4	223	183	3.4	2	50.6	0.19	0.8		118		0.01	0.08	0.1		100

4.3. KACANG, BIJI, BEAN DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
CP062	Tahu goreng	KZGPI- 1990	77.3	115	9.7	8.5	2.5	0.1	2.0	229	200	4.1	7	68.2	0.09	1.3		0	0	0.01	0.24	0.0	0	100
CP063	Tahu telur	KZGMS-1993	41.8	328	12.6	19.9	24.6	0.4	1.1	492	238	4.9	755				73		1860	0.42			0	100
CP064	Takwa	KZGPI- 1990	72.2	148	13.8	8.5	4.0	0.0	1.6	140	214	8.5	3	79.0	0.30	1.3			920	0.20	0.10	0.8		100
CP065	Tauco	KZGPI- 1990	54.0	184	11.4	5.5	22.2	1.9	6.9	72	463	6.0	1766	233.0	0.39	1.0		0	664	0.32	0.20	0.8	0	100
CP066	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			0	100
CP067	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			0	100
CP068	Tauco cap meong	KZGPI- 1990	59.7	159	7.4	4.9	21.3	1.6	6.7	183	84	10.1	1547	204.1	0.34	0.9		0	472	0.46	0.18	0.7	0	100
CP069	Tauji cap singa	KZGPI- 1990	30.4	277	9.1	4.7	49.6	1.2	6.2	68	106	3.0							936	0.15			0	100
CP070	Tempe bongkrek	DABM-1964	70.0	88	10.0	4.0	3.0		146.3	27	100	2.6					0			0.08			0	100
CP071	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	0.10	0.9		100
CP072	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		100
CP073	Tempe kacang babi	KZGPI- 1990	64.0	139	12.5	0.8	21.9	1.8	1.2	68	182	2.6							20	0.10				100
CP074	Tempe kacang belimbing	KZGPI- 1990	58.2	212	17.5	10.0	12.9	2.9	1.4	186	160	2.2								0.20				100
CP075	Tempe kedelai + jagung	KZGPI- 1990	70.6	143	12.0	5.5	11.4	1.9	0.6	155	156	6.8							1320	0.33	0.15	1.2		100
CP076	Tempe kedelai murni, goreng	KZGPI- 1990	36.8	350	24.5	26.6	10.4	4.2	1.8	202	296	4.9	22	626.7	0.80	2.5			78	0.24	0.60	3.3	0	100
CP077	Tempe kedelai murni, mentah	KZGPI- 1990	55.3	201	20.8	8.8	13.5	1.4	1.6	155	326	4.0	9	234.0	0.57	1.7		0		0.19	0.59	4.9		100
CP078	Tempe koro benguk	DABM-1964	64.0	141	10.2	1.3	23.2		1.3	42	15	2.6					0			0.09			0	100
CP079	Tempe lamtoro	KZGPI- 1990	66.8	128	10.7	0.5	21.3	7.1	0.7	203	108	0.6							121	0.17			2	100
CP080	Tempe lamtoro var. gung dengan kulit	KZGPI- 1990	65.1	146	11.7	2.3	19.6	7.6	1.3	128	41	6.8							1370	0.19		1.4		100

4.3. KACANG, BIJI, BEAN DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
CP081	Tempe lamtoro var. gung tanpa kulit	KZGPI- 1990	67.1	131	18.0	0.8	13.0	1.3	1.1	95	154	12.4							5900	0.20	0.02	2.6		100
CP082	Tempe pasar	KZGPI- 1990	68.3	150	14.0	7.7	9.1	1.4	0.9	517	202	1.5	7	165.9	0.40	1.2		0		0.17	0.44	3.6		100
CP083	Tempe pasar goreng	KZGPI- 1990	42.9	336	20.0	28.0	7.8	3.4	1.3	156	350	3.0	20	566.2	0.80	2.2			10	0.10	0.50	3.0	0	100
CP084	Tepung hunkwe (pati kacang ijo)	DABM-1964	10.0	364	4.5	1.0	83.5	16.1	1.0	50	100	1.0	15	1232.9	0.93	2.7	0			0.00	0.23	2.2	0	100
CP085	Tepung Jalejo	BKP	10.0	388	19.0	7.5	61.2	5.8	2.3	101	663	2.0	3	712.0	0.60	1.9		1000	0	0.02	0.70	1.6	9	100
CP086	Tepung kacang kedelai	DABM-1964	9.0	347	35.9	20.6	29.9	5.8	4.0	195	544	8.4	52	2522.6	4303.45	2.6		0	140	0.77	0.32	2.1	0	100

4.4. SAYURAN DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
TUNGGAL/SINGLE																								
DR001	Akar tonjong, segar	KZGPI-1990	86.7	45	1.1	0.4	10.8	1.2	1.0	72	125	1.3	96.4	1147.1	0.02	0.2	0	83	90	0.02	0.03	1.9	2	100
DR002	Ale,toge, segar	KZGPI-1990	90.6	37	4.4	0.5	3.8	1.7	0.7	50	248	2.0	2.3	105.0	0.16	0.4	0	0	35	0.02	0.09	0.6	46	90
DR003	Andaliman, segar	KZGPI-1990	74.2	99	4.6	1.0	18.0	8.5	2.2	383	107	2.9					0		6300	3.00			15	100
DR004	Andewi, segar	DABM-1964	91.8	226	1.6	0.2	5.3	4.1	1.1	33	66	1.0	29.0	414.6	0.13	1.0		1717		0.14	0.09	0.5	10	80
DR005	Bakung, segar	KZGMI-2001	92.5	27	2.0	0.2	4.2	3.8	1.1	19	20	0.5	37.0	340.0	0.20	0.3		1080		0.20	0.10	0.3	42	100
DR006	Baligo, segar	DABM-1964	96.1	15	0.4	0.2	3.0	0.4	0.3	19	19	0.4	1.7	131.1	0.02	0.6		0		0.04	0.02	0.3	13	69
DR007	Bawang bombay, segar	DABM-1964	87.5	43	1.4	0.2	10.3	2.0	0.6	32	44	0.5	12.2	9.6	0.10	0.3		788	50	0.03	0.21	0.4	9	94
DR008	Bayam, segar	KZGPI-1990	94.5	16	0.9	0.4	2.9	0.7	1.3	166	76	3.5	15.8	456.4	0.13	0.4		2699	2293	0.04	0.10	1.0	41	71
DR009	Bayam merah, segar	KZGMI-2001	88.5	41	2.2	0.8	6.3	2.2	2.2	520	80	7.0	20.0	60.0	0.20	0.8	0	7325		0.20	0.10	0.1	62	71
DR010	Bit, segar	DABM-1964	87.6	41	1.6	0.1	9.6	2.6	1.1	27	43	1.0	28.5	404.9	0.20	0.7		0	20	0.02	0.05	0.3	10	75
DR011	Buah kelor	KZGMI-2001	89.5	38	1.5	0.2	7.5	3.2	1.3	30	54	0.0	48.0	216.0	0.00	0.2		31		0.10	0.10	4.1	25	65
DR012	Buah merah	KZGMI-2001	81.2	87	2.6	2.7	13.1	4.0	0.4	30	1	1.1	110.0	140.0	0.10	0.3	0	0		1.50	0.10	0.2	15	100
DR013	Buncis, segar	KZGPI-1990	89.6	34	2.4	0.3	7.2	1.9	0.5	101	42	0.7	8.0	250.0	0.07	0.3	0	772	550	0.05	0.40	2.8	11	90
DR014	Bunga pepaya, segar	KZGPI-1990	87.3	45	2.6	0.3	8.1	1.6	1.7	290	113	4.2	2.3	478.3	0.08	0.8		2792	5	0.01	0.28	1.0	23	100
DR015	Bunga turi, segar	BKP	90.4	42	2.0	1.1	6.1	3.3	0.4	28	23	0.8	28.6	97.4	0.10	0.6		1200	0	0.50	0.02	0.4	1	96.1
DR016	Caisin, segar	KZGPI-1990	93.6	20	1.7	0.4	3.4	1.2	0.9	123	40	1.9	18.0	358.2	0.05	1.4		1675	4188	0.04	0.19	0.6	3	100
DR017	Daun bangun-bangun, segar	KZGPI-1990	92.5	27	1.3	0.6	4.0	1.0	1.6	279	40	13.6	3.6	144.0				1489	13288	0.16	0.10	0.0	5	66
DR018	Daun bawang merah, segar	KZGMI-2001	89.1	41	2.0	0.3	7.8	2.1	0.8	60	40	2.3	30.0	90.0	0.10	0.3	0	218		0.10	0.10	0.2	11	67
DR019	Daun bebuas, segar	KZGPI-1990	87.9	41	2.7	1.0	7.3	2.1	1.1	29	245	1.5					0		3099	0.01			3	49
DR020	Daun belem, segar	KZGPI-1990	84.6	50	4.4	1.4	7.8	1.9	1.8	698	151	7.5					0		13072	0.05			21	81

4.4. SAYURAN DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
DR021	Daun bluntas, segar	DABM-1964	86.0	44	1.8	0.5	9.4		2.3	256	49	5.6							3980	0.02			30	65
DR022	Daun gandaria, segar	DABM-1964	81.0	63	3.1	0.3	14.0	2.1	1.6	40	45	4.7	3.0	127.7				503	600	0.04	0.04	0.2	61	65
DR023	Daun gedi besar, segar	KZGMI-2001	84.0	58	2.9	0.7	10.0	3.3	2.4	440	100	1.9	30.0	40.0	0.20	2.1		596		0.40	0.50	2.8	11	65
DR024	Daun gedi kecil, segar	KZGMI-2001	83.7	61	3.2	0.7	10.4	3.4	2.0	420	70	1.7	20.0	50.0	0.10	1.4		607		0.40	0.30	2.9	11	65
DR025	Daun gelang, segar	KZGPI-1990	90.3	30	1.3	0.7	5.8	1.3	1.9	350	210	11.9	4.7	333.3	0.31	1.2	0	4701	1954	0.01	0.14	0.7	1	52
DR026	Daun gunda bali, segar	KZGPI-1990	86.4	50	4.6	0.9	7.0	1.4	1.1	167	62	0.5					0		6571	0.05			20	49
DR027	Daun gunda serang, segar	KZGPI-1990	84.6	62	4.2	0.9	9.2	1.3	1.1	171	64	0.6					0		7347	0.02			20	47
DR028	Daun jambu mete muda, segar	DABM-1964	78.0	78	4.6	0.5	16.2	3.0	0.7	33	64	8.9	13.9	670.5				4484	2689	0.02	1.12	1.1	65	65
DR029	Daun jampang, segar	KZGPI-1990	88.9	34	3.8	0.5	5.3	1.4	1.5	21	245	1.0					0		4357	0.03			3	47
DR030	Daun jawaw seluang, segar	KZGMI-2001	77.2	93	5.0	1.3	15.3	3.9	1.2	146	103	5.3	2.0	434.0	0.50	1.5				0.10	0.70		9	
DR031	Daun jonghe, segar	KZGPI-1990	91.4	27	2.1	0.7	4.4	2.0	1.4	253	192	9.5					0		5057	0.01			1	45
DR032	Daun kacang ma, segar	KZGPI-1990	89.1	36	2.9	0.6	6.8	1.8	0.6	64	220	2.2	7.0	485.3	0.20	0.3		2893	4377	0.04	0.18	1.2	4	33
DR033	Daun kacang panjang, segar	KZGPI-1990	89.7	30	3.1	0.3	5.8	1.7	1.1	200	66	4.5	7.0	458.6	0.20	0.3	0	2734	4592	0.33	0.20	1.1	30	65
DR034	Daun kasbi/singkong karet, segar	KZGMI-2001	80.3	92	4.0	3.6	10.9	5.8	1.2	140	70	1.6	70.0	90.0	0.30	1.1		9999		0.10	0.20	0.1	74	87
DR035	Daun katuk, segar	KZGPI-1990	81.0	59	6.4	1.0	9.9	1.5	1.7	233	98	3.5	20.7	478.8	0.30	1.3		9152	10020	0.00	0.31	2.3	164	40
DR036	Daun kecipir, segar	DABM-1964	85.0	52	5.0	0.5	8.5		1.0	134	81	6.2	5.8	114.0	0.30	0.8		3981	5240	0.28	0.40	2.2	29	70
DR037	Daun kedondong, segar	DABM-1964	81.0	59	3.5	0.3	13.4	10.7	1.8	540	82	6.2	12.1	579.0				1624	2900	0.06	0.20	1.5	29	65

4.4. SAYURAN DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
DR038	Daun kelor, segar	KZGMI-2001	75.5	92	5.1	1.6	14.3	8.2	3.5	1077	76	6.0	61.0	298.0	0.10	0.6		3266		0.30	0.10	4.2	22	65
DR039	Daun kemang, segar	DABM-1964	85.0	43	5.5	0.3	7.5	8.4	1.7	35	106	1.0	9.5	457.1				1282	1017	0.06	0.10	1.2	30	65
DR040	Daun kenikir, segar	BKP	87.6	45	3.7	0.5	6.6	5.8	1.7	328	65	2.7	6.1	431.0	0.10	0.6		30200	12	0.50	0.30	4.5	0	36.3
DR041	Daun kesum, segar	KZGPI-1990	84.8	48	4.5	0.8	9.1	1.6	0.8	125	142	2.6	10.8	174.7	0.40	1.2	0	4216	8715	0.01	0.10	1.6	4	53
DR042	Daun kol sawi, segar	KZGPI-1990	93.1	22	2.1	0.5	3.6	0.9	0.7	200	92	3.2	19.4	386.2	0.10	0.2	0	1806	2177	0.03	0.20	0.6	3	87
DR043	Daun koro, segar	DABM-1964	91.0	23	3.0	0.3	3.7		2.0	134	81	6.2	3.5	68.4	0.20	0.5		2386	5240	0.28	0.20	1.3	29	65
DR044	Daun kubis, segar	KZGMI-2001	86.2	51	2.5	1.1	8.0	3.4	2.2	100	50	3.4	50.0	100.0	0.90	0.6		9999		0.40	0.10	0.2	16	75
DR045	Daun kumak, segar	KZGPI-1990	95.2	14	1.3	0.3	2.3	0.9	0.9	90	59	2.7	1.9	36.5	0.10	0.3		1274	2961	0.01	0.00	0.5	3	78
DR046	Daun labu siam, segar	DABM-1964	89.7	34	4.0	0.4	4.7	3.5	1.2	58	70	2.5	15.9	630.7	0.20	0.3		4773	2025	0.08	0.40	1.7	16	100
DR047	Daun labu waluh/kuning, segar	DABM-1964	89.7	34	3.6	0.6	4.5	2.9	1.6	138	99	3.7	15.9	630.7	0.20	0.3		1258	2750	0.14	0.20	1.3	36	70
DR048	Daun lamtoro, segar	KZGPI-1990	74.0	87	8.3	1.8	14.4	3.3	1.5	725	174	3.9	10.1	197.7	0.50	1.4	0	6900	13040	0.00	0.10	2.3	32	40
DR049	Daun leilem, segar	KZGMI-2001	79.4	76	2.8	0.2	15.8	3.1	1.8	296	22	3.4	6.0	46.0	0.50	1.1		753		0.30	0.10	2.5	22	90
DR050	Daun leunca, segar	DABM-1964	85.0	49	4.7	0.5	8.1		1.7	210	80	6.1							1900	0.14			40	70
DR051	Daun lobak, segar	DKBM-1964	90.0	30	2.3	0.4	5.8	3.2	1.4	140	33	3.7	15.8	747.4	0.20	0.2		5039	1000	0.07	1.10	6.5	109	70
DR052	Daun lompong talas, segar	DABM-1964	87.2	44	3.0	0.8	7.4	3.3	1.6	76	59	1.0	2.7	578.4	0.20	0.4		2584	2000	0.08	0.40	1.4	31	75
DR053	Daun mangkokan, segar	DABM-1964	82.0	57	3.7	0.3	11.8		2.2	474	49	4.0							5450	0.06			83	80
DR054	Daun matel ambon, segar	KZGPI-1990	77.1	71	6.8	1.6	11.5	4.6	3.0	93	95	10.2					0		49	0.08			26	100
DR055	Daun melinjo, segar	DABM-1964	70.8	104	5.0	1.3	21.3	10.3	1.6	219	82	4.2	12.2	604.8	0.40	0.6		823	10000	0.09			182	88

4.4. SAYURAN DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
DR056	Daun mengkudu, segar	KZGPI-1990	80.9	65	4.0	1.7	11.4	3.9	2.0	296	40	6.9					0	2	4958	0.01	0.10	5.7	35	90
DR057	Daun ndusuk, segar	KZGMI-2001	56.0	166	1.7	0.5	38.8	10.7	3.0	40	20	1.8	40.0	310.0	0.20	0.7		14457		0.40	0.10	0.1	30	
DR058	Daun oyong, segar	DABM-1964	93.0	22	1.0	0.1	5.3	2.0	0.6	21	44	2.0	39.9	295.5	0.10	0.2		855	1000	0.08	0.10	0.8	150	65
DR059	Daun pakis, segar	KZGPI-1990	86.8	39	4.5	0.4	6.9	2.0	1.4	136	159	2.3	20.1	201.9	0.20	0.3	0	1625	3292	0.02	0.10	0.5	3	70
DR060	Daun pakis longgiho, segar	KZGMI-2001	89.5	54	2.2	3.6	3.1	2.1	1.6	40	80	0.7	70.0	500.0	0.40	0.1		168		0.40	0.30	0.2	8	70
DR061	Daun pakis wambateu, segar	KZGMI-2001	86.9	53	3.4	1.2	7.2	4.8	1.3	30	100	0.3	20.0	200.0	0.20	0.3		191		0.70	0.20	0.3	6	70
DR062	Daun paku, segar	KZGMI-2001	88.8	29	3.4	0.1	6.5	4.3	1.2	13	88	1.3	19.0	434.0	0.50	0.7		18		0.20	0.10	11.7	10	70
DR063	Daun pangi,segar	KZGMI-2001	76.1	104	3.9	0.6	17.9	8.3	1.5	256	22	1.8	4.0	266.0	1.70	0.5		55		0.40	0.10	0.1	23	90
DR064	Daun pare, segar	KZGMI-2001	87.3	49	2.7	1.0	8.4	3.0	1.6	217	70	3.3	7.0	498.0	0.40	1.2		1800		0.40	0.20	0.6	7	
DR065	Daun pepaya, segar	DABM-1964	75.4	87	8.0	2.0	11.9	1.5	2.7	353	63	0.8	4.4	926.6	0.20	1.5		5409	18250	0.15	0.50	1.9	140	71
DR066	Daun pohpohan, segar	KZGPI-1990	87.4	37	2.5	0.8	6.9	2.6	2.4	744	80	5.9					0		7378	0.03			5	69
DR067	Daun selasih, segar	KZGMI-2001	83.1	62	4.0	0.5	10.5	5.3	1.9	122	16	13.9	3.0	259.0	0.40	0.7	0	4112		0.50	0.10	0.2	24	53
DR068	Daun semanggi, segar	KZGPI-1990	84.7	45	4.4	0.5	8.5	1.9	1.9	98	90	7.0	64.2	520.7	0.50	0.3	0	64	3365	0.01	0.50	0.7	6	90
DR069	Daun simpur, segar	KZGPI-1990	86.2	53	3.2	2.5	7.6	1.6	0.9	228	194	3.5					0		3346	0.02			5	100
DR070	Daun singkil, segar	KZGPI-1990	80.9	68	2.0	1.0	15.2	3.3	0.9	178	86	2.1							6042	0.02			3	70
DR071	Daun singkong, segar	KZGPI-1990	84.4	50	6.2	1.1	7.1	2.4	1.2	166	99	1.3	16.5	23.1	0.10	2.0	0	3204	7052	0.04	0.10	1.8	103	87
DR072	Daun singkong ambon, segar	DABM-1964	58.0	144	12.7	1.2	25.2	10.2	2.9	165	54	3.9	44.4	62.2	0.20	5.4		8627	13000	0.21	1.00	4.2	220	87
DR073	Daun singkong ampenan, segar	KZGMI-2001	84.4	50	6.2	1.1	7.1	2.4	1.2	352	123	2.7	49.0	570.0	0.20	1.3		7917		0.50	0.10	1.6	103	87

4.4. SAYURAN DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
DR074	Daun singkong kopang, segar	KZGMI-2001	81.1	74	6.3	0.7	10.7	4.6	1.2	142	115	1.7	32.0	382.0	0.20	1.5		3882		0.50	0.50	1.9	211	87
DR075	Daun sintrong, segar	KZGPI-1990	88.5	36	2.6	0.9	6.1	1.7	1.9	398	95	9.3	64.1	444.4	0.10	0.4	0	10178	8868	0.03	0.20	0.9	3	94
DR076	Daun talas, segar	KZGPI-1990	81.1	59	3.0	0.4	13.5	3.0	2.0	236	50	2.4	4.0	854.1	0.40	0.5	0	3816	5740	0.07	0.60	2.0	24	80
DR077	Daun tespong, segar	DABM-1964	81.0	70	2.9	0.3	13.9	2.3	1.9	155	65	2.5	72.4		0.15	0.9		171	2500	0.05	0.70	1.4	21	60
DR078	Daun ubi kuning, segar	KZGMI-2001	83.5	62	3.7	0.3	11.1	6.4	1.4	170	40	0.6	10.0	0.0	0.20	0.5		3564		0.30	0.30	1.2	4	75
DR079	Daun ubi merah, segar	KZGPI-1990	84.4	48	3.0	0.3	10.8	1.4	1.5	80	81	6.4	32.8	517.3	0.00	0.4	0	5453	4697	0.10	0.20	1.2	27	75
DR080	Daun ubi putih, segar	KZGMI-2001	87.5	46	2.8	0.2	8.2	4.8	1.3	120	50	0.8	10.0	0.0	0.20	0.5		103		0.30	0.30	0.9	8	75
DR081	Daun ubi tinta, segar	KZGMI-2001	85.1	55	1.7	0.1	11.9	7.6	1.2	120	40	0.6	10.0	0.0	0.20	0.5		516		0.20	0.00	0.0	7	75
DR082	Eceng, segar	DABM-1964	93.0	19	1.0	0.2	3.8	1.8	2.0	80	45	3.7	44.8	634.1				7	1000	0.08	0.10	0.7	50	70
DR083	Gambas (oyong), segar	DABM-1964	94.5	19	0.8	0.2	4.1	1.3	0.4	19	33	0.9	22.9	109.1	0.00	0.1		17	380	0.03	0.00	0.4	8	85
DR084	Genjer, segar	DABM-1964	90.0	35	1.7	0.2	7.7	2.5	0.4	62	33	2.1	64.0	905.8					3800	0.07	0.10	1.1	54	70
DR085	Jagung muda/ semi, segar	DABM-1964	89.5	35	2.2	0.1	7.4	1.9	0.8	7	100	0.5	353.0	230.2	0.10	0.8	0	23	200	0.08	0.16	0.9	8	100
DR086	Jamur encik	KZGMI-2001	24.8	296	9.4	1.1	62.0		2.7	5	277	5.3	2.0	0.0	0.20	3.1				1.10	0.10			95
DR087	Jamur kuping, kering	DABM-1964	14.9	294	16.0	0.9	64.6	46.5	3.6	51	223	6.7	173.8	726.1	0.29	5.5	0	11	0	0.11	0.60	2.7	0	100
DR088	Jamur kuping, segar	DABM-1964	93.7	21	3.8	0.6	0.9	5.1	1.0	3	94	1.7	17.3	33.4	0.19	0.1	0	1	0	0.10	0.09	0.1	5	100
DR089	Jamur merang, segar	BKP	91.5	30	3.5	0.2	4.0	2.4	0.8	14	117	1.0	6.3	300.0	0.30	0.8		0	0	0.02	0.20	0.5	0	100
DR090	Jamur tiram, segar	BKP	92.5	30	1.9	0.1	5.5	3.6	0.6	9	83	0.7	22.0	226.0	0.00	0.8		0	0	0.30	0.20	1.0	0	100
DR091	Jamur sagu	KZGMI-2001	91.3	48	1.9	3.2	2.8	1.0	0.8	10	90	0.6	100.0	440.0	0.60	0.6		0		0.20	0.20	6.5		95
DR092	Jantung pisang, segar	DABM-1964	90.2	32	1.2	0.3	7.1	3.2	1.2	30	50	0.1	3.0	524.0	0.09	0.3	0	201	170	0.05	0.03	0.8	10	25

4.4. SAYURAN DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
DR093	Jengkol, segar	KZGMI-2001	52.7	192	5.4	0.3	40.7	1.5	0.9	4	150	0.7	60.0	241.0	0.30	0.6				0.05	0.20	0.5	31	95
DR094	Jotang, segar	DABM-1964	89.0	34	1.9	0.3	7.1	3.5	1.7	162	41	4.0	58.5	388.5	0.30	1.2		2	3918	0.03		0.4	20	70
DR095	Kabau, segar	KZGMI-2001	67.2	130	6.7	0.3	25.2	2.9	0.6	4	204	0.5	1.0	397.8	0.20	0.5		165		0.80	0.10	0.3	16	95
DR096	Kacang mekah, polong, segar	KZGPI-1990	93.6	22	1.1	1.0	3.4	1.1	0.9	63	296	1.0	2.2	69.2	0.30		0	197	116	0.02		0.4	0	91
DR097	Kacang panjang, segar	KZGMI-2001	91.8	31	2.3	0.1	5.3	2.7	0.5	60	64	0.6	30.0	213.0	0.10	0.5	0	125		0.70	0.10	0.3	46	92
DR098	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			6	83
DR099	Kalakai, segar	KZGMI-2001	89.9	38	2.4	0.2	6.6	5.8	0.9	18	90	1.1	7.0	443.0	0.40	0.9		44		0.30	0.10		8	70
DR100	Kangkung, segar	KZGPI-1990	91.0	28	3.4	0.7	3.9	2.0	1.0	67	54	2.3	64.9	250.1	0.13	0.4		2868	5542	0.07	0.36	2.0	17	60
DR101	Kangkung tondano	KZGMI-2001	88.5	43	1.8	0.2	8.4	4.3	1.1	72	9	0.7	30.0	361.0	0.30	0.4		2741		0.80	0.10	1.1	23	60
DR102	Kapri muda, segar	DABM-1964	86.8	45	3.3	0.2	9.0	1.8	0.7	51	85	1.0	1.7	118.4	0.09	0.7		72	440	0.20	0.10	0.9	49	80
DR103	Karawila	KZGMI-2001	93.7	25	2.3	0.2	3.5	2.1	0.3	25	67	0.3	8.0	88.4	0.08	0.3		21		0.10	0.10	0.4	39	80
DR104	Kecipir muda, segar	DABM-1964	90.4	32	2.9	0.2	5.8	5.5	0.7	63	37	0.3	3.3	103.8	0.18	0.4		261	595	0.24	0.11	0.7	19	96
DR105	Kecombrang, segar	KZGPI-1990	90.0	34	0.9	1.0	6.7	2.6	1.4	60	16	1.0	47.1	650.6			0	0	73	0.00	0.02	0.8	0	100
DR106	Kelawi, kluwih, segar	DABM-1964	70.0	118	1.5	0.3	27.2	5.0	1.0	28	32	0.9	2.0	500.9	0.09	0.1		0	20	0.10	0.03	0.9	19	77
DR107	Kembang turi, segar	DABM-1964	87.4	51	1.8	0.6	9.6	5.0	0.6	23	29	0.9	22.4	275.3	0.15	0.9		201	105	0.13	0.12	0.6	41	83
DR108	Kerokot, segar	DABM-1964	93.0	26	1.7	0.4	3.8	1.0	1.1	103	39	3.6	3.6	240.5	0.23	0.9		0	2550	0.03	0.09	0.2	25	80
DR109	Ketimun, segar	KZGPI-1990	97.9	8	0.2	0.2	1.4	0.3	0.3	29	95	0.8	1.7	57.1	0.02	0.1	0	18	314	0.01	0.02	0.1	1	55
DR110	Ketimun krai, segar	KZGPI-1990	96.8	10	0.5	0.2	2.0	0.6	0.5	20	98	1.0	9.7	82.1	0.03	0.1	0	19	21	0.02	0.03	0.1	3	82
DR111	Ketimun madura, segar	KZGPI-1990	97.1	9	0.5	0.1	1.9	0.7	0.4	15	102	0.6	2.4	78.9	0.02	0.1	0	25	0	0.02	0.02	0.1	5	89
DR112	Komak, segar	KZGMI-2001	74.3	99	3.3	0.1	21.2	10.3	1.1	50	99	13.1	15.0	567.0	0.20	0.6		5		0.20	0.19	0.1		80

4.4. SAYURAN DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
DR113	Kool kembang	DABM-1964	91.7	25	2.4	0.2	4.9	1.6	0.8	22	72	1.1	46.5	187.0	0.04	0.3		24	90	0.11	0.09	0.6	69	57
DR114	Kool merah,kool putih	DABM-1964	92.4	29	1.4	0.2	5.3	1.9	0.9	46	31	0.5	28.3	236.8	0.29	0.3		46	80	0.06	0.07	0.3	50	75
DR115	Koro kerupuk, polong	DABM-1964	67.2	128	8.3	0.7	22.1		1.7	17	12	2.7							80	0.11			31	68
DR116	Koro wedus, polong	DABM-1964	88.0	46	3.0	0.3	7.9	3.3	0.8	56	47	1.1	2.0	249.3	0.09	0.4		66	870	0.09	0.09	0.5	17	70
DR117	Kucai, segar	DABM-1964	86.3	45	2.2	0.3	10.3	4.8	0.9	52	50	1.1	21.4	439.5	0.11	0.5		2685	40	0.11	0.20	1.8	17	52
DR118	Kucai muda (lokio), segar	DABM-1964	86.0	42	3.8	0.6	7.8	4.9	1.8	76	91	2.5	21.8	449.1	0.11	0.5		2744	500	0.11	0.20	1.8	59	100
DR119	Kulit melinjo	KZGPI-1990	71.9	111	4.5	1.1	20.7	5.0	1.8	117	179	2.6					0		1267	0.07			7	100
DR120	Kundur, segar	KZGMI-2001	94.0	22	0.4	0.2	4.7	1.3	0.7	3	54	0.5	2.0	200.0	0.10	0.3		7		0.10	0.03	0.4	1	57
DR121	Labu air, segar	DABM-1964	95.0	19	0.6	0.2	3.8	0.6	0.4	12	18	0.6	2.2	168.2	0.03	0.8		11	70	0.04	0.02	0.4	10	80
DR122	Labu kuning, segar	KZGMI-2001	86.6	51	1.7	0.5	10.0	2.7	1.2	40	180	0.7	280.0	220.0	0.35	1.5		1569		0.20	0.00	0.1	2	74
DR123	Labu siam, segar	DABM-1964	92.3	30	0.6	0.1	6.7	6.2	0.3	14	25	0.5	2.7	167.1	0.16	1.0		48	20	0.02	0.00	0.6	18	83
DR124	Labu waluh, segar	DABM-1964	91.2	32	1.1	0.1	6.6	0.5	1.0	45	64	1.4	1.0	356.2	0.13	0.3		712	180	0.08	0.12	0.6	52	77
DR125	Lantar, segar	KZGMI-2001	91.2	34	2.2	0.3	5.5	2.9	0.8	10	58	0.4	3.0	155.0	0.20	0.4		38		0.30	0.07	0.4	4	
DR126	Lobak, segar	DABM-1964	94.1	21	0.9	0.1	4.2	1.4	0.7	35	26	0.6	49.3	109.3	0.03	0.2		0	10	0.03	0.04	0.3	32	87
DR127	Lumai/Leunca, segar	KZGMI-2001	90.5	38	1.1	0.3	7.6	2.0	0.5	7	55	1.0	2.0		0.10	0.3		25		0.20	0.10	0.6	17	95
DR128	Melinjo, segar	DABM-1964	80.0	66	5.0	0.7	13.3		1.0	163	75	2.8							1000	0.10			100	60
DR129	Mostarda metan-sawi	KZGMI-2001	91.4	33	2.3	0.5	4.7	1.8	1.1	60	30	3.1	20.0	100.0	0.10	0.4		1575		0.20	0.10	0.1	12	85
DR130	Nangka muda, segar	DABM-1964	85.4	57	2.0	0.4	11.3	8.3	0.9	45	29	0.5	1.1	246.5	0.04	0.1		21	25	0.07	0.06	0.7	9	80
DR131	Paria putih, segar	KZGPI-1990	94.4	19	1.0	0.4	3.6	1.3	0.6	31	65	0.9	4.7	277.7	0.03	0.8	0	197	80	0.18	0.04	0.4	58	80
DR132	Pepare ular, segar	KZGMI-2001	95.1	19	0.6	0.1	3.9	1.0	0.3	20	10	0.4	130.0	30.0	0.10	0.1		69		0.10	0.10	0.1	9	97

4.4. SAYURAN DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
DR133	Pepaya muda, segar	DABM-1964	92.3	29	2.1	0.1	4.9	2.1	0.6	50	16	0.4	21.9	211.2	0.01	0.0		0	50	0.02	0.03	0.3	19	65
DR134	Petai, segar	KZGMI-2001	77.2	92	5.4	1.1	15.2	2.0	1.1	14	170	1.6	55.0	221.0	0.20	0.8		114		0.80	0.10	6.1	34	36
DR135	Peterseli, segar	DABM-1964	83.9	53	3.7	1.0	9.0	0.0	2.4	193	84	4.3	18.2	1125.6	0.20	1.4		2940	8230	0.11	0.29	0.7	193	95
DR136	Pucuk lumai/daun leunca, segar	KZGMI-2001	91.0	33	4.5	0.4	2.8		1.3	13	75	2.9	2.0	0.0	0.20	0.6				0.50	0.10		41	70
DR137	Putri malu, segar	KZGMI-2001	80.2	76	3.6	0.3	14.6	7.1	1.3	119	84	3.3	1.0	631.0	0.60	1.4		4762		0.60	0.60		6	
DR138	Rebung, segar	KZGMI-2001	93.3	25	0.8	0.1	5.3	9.7	0.5	3	5	0.5	3.0	206.0	0.10	0.4		10		0.20	0.07	0.5	0	28
DR139	Rimbang, segar	KZGMI-2001	80.8	75	1.6	0.6	15.8	10.0	1.2	55	97	0.6	20.0	234.0	0.40	0.4		51		0.40	0.10	1.3	38	95
DR140	Rumput laut	KZGMI-2001	87.0	41	1.4	0.3	8.1	2.2	3.2	80	20	1.6	250.0	380.0	0.20	0.4		1958		0.20	0.00	0.1	7	100
DR141	Sawi, segar	DABM-1964	92.2	28	2.3	0.3	4.0	2.5	1.2	220	38	2.9	21.9	436.5	0.12	0.2		2042	6460	0.09	0.23	0.7	102	87
DR142	Sawi putih/ pecai, segar	KZGPI-1990	96.6	9	1.0	0.1	1.7	0.8	0.6	56	42	1.1	5.0	193.1	0.05	0.1	0	862	832	0.05	0.18	0.4	3	79
DR143	Sawi taiwan, segar	KZGMI-2001	91.8	30	1.9	0.5	4.4	2.7	1.4	100	58	1.6	27.0	217.0	0.10	0.7		1340		0.20	0.10	0.6	33	85
DR144	Sawi tanah, segar	KZGMI-2001	94.9	19	1.3	0.2	2.9	2.2	1.0	92	45	1.2	17.0	145.0	0.10	0.4		815		0.20	0.10	0.1	36	85
DR145	Selada, segar	DABM-1964	94.8	18	1.2	0.2	2.9	1.8	0.9	22	25	0.5	18.6	186.4	0.03	0.2		1526	540	0.04	0.13	0.4	8	69
DR146	Selada air, segar	KZGPI-1990	93.3	17	3.1	0.2	2.2	0.7	1.2	95	152	2.4	64.9	260.7	0.11	0.2	0	1230	3727	0.09	0.14	0.7	56	70
DR147	Seledri, segar	DABM-1964	93.0	23	1.0	0.1	4.6	2.0	1.3	50	40	1.0	64.5	258.8	0.08	0.4		63	130	0.03	0.07	0.4	11	63
DR148	Taoge, segar	KZGPI-1990	90.4	34	3.7	1.2	4.3	1.1	0.4	166	74	0.8	18.9	93.3	0.16	0.4		41	20	0.09	0.15	1.1	5	100
DR149	Taoge kacang kedelai, segar	DABM-1964	81.0	76	9.0	2.6	6.4	0.7	1.0	50	65	1.0	4.7	212.4	0.26	0.7		0	110	0.23	0.19	1.2	15	100
DR150	Taoge kacang tunggak, segar	DABM-1964	88.0	40	5.0	0.2	5.8	2.6	1.0	57	88	1.0	2.1	226.8	0.07	0.5		299	0	0.07	0.08	0.8	15	90
DR151	Tebu terubuk (lilin), segar	DABM-1964	91.0	30	4.6	0.4	3.0	0.8	1.0	40	80	2.0	698.6		0.20	1.1		12	0	0.08	0.20	1.2	50	20
DR152	Tekokak, segar	DABM-1964	89.0	34	2.0	0.1	7.9	4.9	1.0	50	30	2.0	2.9	333.3	0.12	0.2		23	750	0.08	0.05	0.9	8	95
DR153	Tekokak, kering	DABM-1964	12.3	302	8.3	1.7	72.6	21.2	8.1	370	180	22.2	8.5	0.0	1044.20	1.0		187	750	0.40	0.17	5.1	0	100

4.4. SAYURAN DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
DR154	Terong, segar	DABM-1964	92.7	28	1.1	0.2	5.5	2.1	0.5	15	37	0.4	8.9	187.0	0.10	0.1		46	30	0.04	0.03	0.5	5	100
DR155	Terong asam, segar	KZGMI-2001	90.5	37	2.0	0.4	6.3	3.2	0.8	13	59	1.5	3.0	155.0	0.30	0.3		97		0.20	0.10	0.8	4	
DR156	Terung belanda, segar	KZGPI-1990	87.3	52	2.1	1.1	8.6	1.4	1.0	16	40	1.1					0		8048	0.42	0.06	0.0	12	100
DR157	Terung bengkulu, segar	KZGPI-1990	86.6	52	1.1	0.4	11.2	3.2	0.8	19	39	1.1	13.7		0.16	1.0	0	85	600	0.23	0.04	0.0	6	100
DR158	Terong hintalo, segar	KZGMI-2001	89.2	45	1.9	0.8	7.5	5.1	0.6	19	268	1.0	167.0	142.0	0.60	0.2		552		0.20	0.40		4	
DR159	Terung panjang	KZGPI-1990	91.8	25	2.1	0.1	5.3	0.5	0.7	38	24	0.7	8.8	53.7	0.09	0.2	0	83	24	0.15	0.06	0.7	8	100
DR160	Tomat, air (sari), segar	DABM-1964	94.0	20	1.0	0.2	3.5	0.4	1.3	7	15	0.4	9.8	225.2	0.06	0.1		266	600	0.05	0.03	0.7	10	100
DR161	Tomat merah, segar	KZGPI-1990	92.9	24	1.3	0.5	4.7	1.5	0.6	8	77	0.6	9.8	164.9	0.14	0.2		575	2083	0.06	0.07	0.4	34	100
DR162	Tomat muda, segar	DABM-1964	93.0	24	2.0	0.7	3.3	1.8	2.0	5	27	0.5	10.3	210.0	0.07	0.2		384	320	0.07	0.04	0.7	30	95
DR163	Uceng/ bunga melinjo, segar	KZGPI-1990	79.5	82	5.8	1.3	11.7	4.8	1.7	70	266	2.4							58	0.11	0.15		3	89
DR164	Umbut kelapa, segar	KZGMI-2001	89.3	39	2.0	0.2	7.2	2.5	1.3	57	49		4.0	447.0	0.20	1.4		16		0.10	0.10		8	
DR165	Umbut rotan	KZGMI-2001	90.5	34	2.4	0.3	5.5	2.2	1.3	89	79	1.3	8.0	552.0	0.20	1.9		14		0.20			9	
DR166	Wortel, segar	KZGPI-1990	89.9	36	1.0	0.6	7.9	1.0	0.6	45	74	1.0	70.0	245.0	0.06	0.3		3784	7125	0.04	0.04	1.0	18	80
OLAHAN/PRODUK/KOMPOSIT																								
DP001	Bayam, kukus	KZGPI-1990	90.7	30	1.3	0.7	5.8	1.2	1.6	239	35	5.7	15	431.0	0.10	0.3	0	2699	3750	0.02	0.10	0.9	32	100
DP002	Bayam, rebus	KZGPI-1990	93.5	23	1.2	0.6	3.7	1.1	1.0	150	35	0.5	16	308.4	0.20	0.3	0	3282	2864	0.02	0.10	0.9	19	100
DP003	Buncis, rebus	KZGPI-1990	90.6	30	2.2	0.2	6.4	1.5	0.6	107	47	0.5	7	138.9	0.10	0.3		1	402	0.01	0.29	2.0	8	100
DP004	Daun kacang panjang, kukus	KZGPI-1990	87.2	40	3.7	0.3	8.0	1.8	0.8	111	66	3.7	6	419.5	0.20	0.3	0	2645	5781	0.15	0.20	0.9	11	100
DP005	Daun katuk, rebus	KZGPI-1990	83.3	53	5.3	0.9	9.1	1.2	1.4	185	102	3.1	16	291.3	0.30	1.3	0	11131	9000	0.00	0.30	2.2	66	100
DP006	Daun kelor, rebus	KZGPI-1990	80.3	61	6.1	0.9	10.0	0.9	2.6	255	36	2.1	45	181.2	0.10	0.6		3972	6071	0.10	0.10	4	13	100

4.4. SAYURAN DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
DP007	Daun mengkudu, kukus	KZGPI-1990	81.6	63	3.8	1.5	11.5	2.4	1.6	300	43	6.0						2	4900	0.08	0.10	5.2	11	100
DP008	Daun singkong, rebus	KZGPI-1990	90.5	31	3.7	0.6	4.8	1.6	0.4	160	50	2.6	13	14.0	0.10	2.0		3897	4150	0.02	0.10	1.7	34	100
DP009	Daun talas, rebus	KZGPI-1990	91.6	27	1.3	0.2	5.9	1.6	1.0	119	41	1.4	3	519.4	0.50	0.5	0	4641	2682	0.00	0.60	1.9	7	100
DP010	Daun ubi merah, kukus	KZGPI-1990	82.5	56	3.1	0.3	13.0	1.5	1.1	78	52	4.3	28	472.8	0.10	0.4		5277	5397	0.00	0.20	1.1	14	100
DP011	Kacang panjang, kukus	KZGPI-1990	88.2	39	3.0	0.6	7.6	1.7	0.6	100	91	1.2	28	199.0	0.11	0.5	0	131	205	0.02	0.10	0.3	20	100
DP012	Kacang panjang, rebus	KZGPI-1990	90.9	30	2.3	0.4	5.8	1.4	0.6	71	68	0.8	24	114.5	0.10	0.4	0	128	162	0.00	0.07	0.2	15	100
DP013	Kangkung, kukus	KZGPI-1990	90.4	30	3.2	0.7	4.7	1.8	1.0	70	49	4.4	45	184.9	0.10	0.3	0	2370	5837	0.03	0.28	1.4	11	100
DP014	Kangkung, rebus	KZGPI-1990	93.0	22	2.5	0.6	3.1	1.2	0.8	50	51	3.5	31	98.0	0.10	0.3	0	2370	4325	0.01	0.22	1.2	13	100
DP015	Paria putih, kukus	KZGPI-1990	95.0	16	0.8	0.2	3.4	1.2	0.6	16	33	0.5	4	236.0	0.00	0.7		187	65	0.15	0.04	0.3	35	100
DP016	Selada, rebus	KZGPI-1990	93.5	19	2.7	0.2	2.9	0.7	0.7	83	74	1.4	24	160.7	0.05	0.2		2499	3700	0.08	0.20	0.6	27	100
DP017	Taoge, goreng	KZGPI-1990	79.2	88	3.2	2.1	14.0	0.7	1.5	168	50	5.7					2		613	0.05			0	100
DP018	Taoge, seduh	KZGPI-1990	91.9	28	3.0	0.8	4.0	1.0	0.3	52	73	0.5	18	58.3	0.19	0.4		46	18	0.10	0.00	0.9	2	87
DP019	Terung panjang, kukus	KZGPI-1990	92.7	23	1.8	0.1	4.9	0.4	0.5	40	13	0.5	9	57.0	67.10	0.2	0	99	20	0.00	0.07	0.7	1	100
DP020	Wortel, rebus	KZGPI-1990	92.1	28	0.7	0.5	6.3	0.8	0.4	46	28	0.6	41	117.3	0.10	0.2	0	3824	5396	0.01	0.03	0.7	12	100
DP021	Wortel, kukus	KZGPI-1990	89.5	37	1.0	0.6	8.3	1.1	0.6	44	30	0.6	43	122.5	0.11	0.3	0	3994	7150	0.02	0.03	0.8	14	100
DP022	Asinan Bogor, sayuran	KZGMS-1993	78.0	98	3.9	2.6	14.8	0.5	0.7	314	17	1.2	483				10		146	0.28			5	100
DP023	Anyang, sayur	KZGMI-2001	76.9	126	3.4	7.9	10.3	5.4	1.5	180	1	2.9	290	181.0	0.30	1.2		3263		0.20				100
DP024	Ares, sayur	KZGMI-2001	77.7	113	0.9	7.2	11.2	4.7	3.0	63	5	1.5	1413	1030.0	0.70	3.8		6		0.10		0.5		100
DP025	Arwan sirsir	KZGMI-2001	59.0	277	2.4	25.0	10.7	4.6	2.9	120	40	2.4	240	320.0	0.20	0.9		1578		0.10	0.20	0.00	11	100
DP026	Beberuk	KZGMI-2001	89.1	65	1.1	5.2	3.5	3.1	1.1	179	72	8.3	53	427.0	0.40	0.2		44		0.30		4.4		100
DP027	Botok lamtoro	KZGPI-1990	63.9	186	11.7	9.7	13.0	2.1	2.2	771	322	26.0					18		179	0.27			2	100

4.4. SAYURAN DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
DP028	Buntil daun talas	KZGPI-1990	74.5	141	4.4	10.2	8.0	1.8	3.0	149	121	14.5					13		8610	0.25			1	100
DP029	Cammetutu	KZGMI-2001	79.6	102	3.2	6.0	8.7	4.3	2.5	41	93	0.5	443	518.0	0.30	0.7		1123		0.30	0.40	0.4	19	100
DP030	Cap cai, sayur	KZGMS-1993	82.7	97	5.8	6.3	4.2	0.6	1.0	287	89	1.8	405				45		1640	0.21			1	100
DP031	Gado-gado	KZGPI-1990	68.5	137	6.1	3.2	21.0	1.1	1.5	301	135	7.5					3		5929	0.10			1	100
DP032	Gudeg, sayur	KZGPI-1990	69.2	160	3.3	9.2	16.0	2.3	2.1	62	55	12.8					0		166	0.15			0	100
DP033	Gulai pakis	KZGPI-1990	76.1	143	4.0	11.4	6.0	1.4	2.6	548	124	1.7					11		9802	0.35			1	100
DP034	Gulai pliek	KZGMI-2001	71.9	176	7.3	14.9	3.2		2.7	39	54	1.4	257	285.0	0.30	0.6								100
DP035	Kadada katembe	KZGMI-2001	80.0	110	4.5	6.9	7.1	3.9	1.5	26	77	0.0	178	131.0	0.20	0.7		46		0.10		3.7	23	100
DP036	Kaparende, sayur	KZGMI-2001	91.7	38	2.4	2.0	2.6	1.5	1.3	126	68	0.0	170	43.0	0.00	0.3		40		0.10		3.7	22	100
DP037	Karedok, sayur	KZGPI-1990	79.0	92	2.2	3.3	14.1	1.4	1.4	174	85	2.4					0		1	0.08			3	100
DP038	Keripik bayam	KZGPI-1990	2.3	586	4.9	40.6	50.2	0.5	1.9	236	117	3.6					0		4544	0.16			0	100
DP039	Kotiu hinela tawang nggole	KZGMI-2001	88.4	46	2.2	1.5	6.0	3.8	1.9	64	44	0.0	316	103.0	1.60	0.8		75		0.30		9.7	7	100
DP040	Lema/rebung asam	KZGMI-2001	96.3	15	1.0	0.4	1.9		0.4	17	230	2.9	3	156.0	0.10	0.7				0.30	0.00			100
DP041	Lilin bungkus gedi	KZGMI-2001	84.8	79	2.3	5.2	5.8	2.5	1.9	170	70	0.9	170	50.0	0.20	0.8				0.20	0.10	0.0	18	100
DP042	Olah-olah	KZGMI-2001	83.9	9	2.1	6.0	7.1	4.4	0.9	26	3	1.2	289	266.0	0.30	0.6		36		0.20	0.10	0.4		100
DP043	Paku hinela wulelenggapaya	KZGMI-2001	83.4	77	3.5	4.6	5.4	3.6	3.1	63	85	0.0	469	37.0	0.30	0.7		55		0.80	0.10	0.2	4	100
DP044	Pelecing kangkung	KZGMI-2001	83.8	75	2.5	2.8	10.0	5.4	0.9	36	3	2.1	408	381.0	0.10	0.4		870		0.70		0.2	12	100
DP045	Purundawa	KZGMI-2001	91.8	25	1.5	0.5	3.6	1.7	2.6	147	39	0.0	239	201.0	0.10	0.6		55		0.10	0.10	11.6	2	100
DP046	Rujak cingur	KZGPI-1990	70.1	153	11.3	8.4	8.0	1.4	1.4	256	143	4.4					18		2880	0.16			2	100
DP047	Sayur asem	KZGPI-1990	93.2	29	0.7	0.6	5.0	0.6	0.8	40	61	3.1					14		2075	0.10			0	100
DP048	Sayur bunga pepaya	KZGMI-2001	83.4	49	1.7	0.3	9.8	2.7	2.1	220	220	1.3	90	350.0	0.10	0.1		372			0.10	0.00	0	100
DP049	Sayur garu	KZGMI-2001	70.8	178	2.6	13.9	10.6	8.4	2.1	30	130	0.9	20	120.0	0.10	0.3				0.20	0.10		9	100

4.4. SAYURAN DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
DP050	Sayur kohu-kohu	KZGMI-2001	72.8	133	7.3	6.6	11.2	1.2	2.1	40	120	0.2	20	50.0	0.10	0.3		944		0.20	0.20		9	100
DP051	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	0.20	1.0				0.30	0.20		18	100
DP052	Sayur ndusuk	KZGMI-2001	87.5	49	3.1	2.5	3.6		3.1	11	6	0.5	1011	88.0		0.2				0.20	0.10		15	100
DP053	Sayur sop	KZGPI-1990	92.7	27	1.3	2.0	1.0	0.3	2.7	168	57	1.8					20		2569	0.10			0	100
DP054	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	0.20	1.1		21		0.20			5	100
DP055	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	0.20	0.9		18	0	0.20			6	100
DP056	Shabu-shabu	KZGMS-1993	87.1	88	3.2	8.0	0.8	0.9	0.9	217	48	2.9	514				82		2000	0.20			0	100
DP057	Semur jengkol	KZGMS-1993	52.7	212	6.0	10.0	29.1		2.2	77	99	1.0							81	0.14			4	100
DP058	Tinira ninahu nggaluku	KZGMI-2001	91.8	33	1.2	1.3	4.1	3.1	1.5	35	35	0.0	161	119.0	0.20	0.7		6	0	0.30	0.00	3.5	10	100
DP059	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	100
DP060	Waluh balamak	KZGMI-2001	89.4	45	0.8	0.9	8.1	7.9	1.0	25	25	0.5	61	15.0		0.2		1241	0	0.20	0.00	0.1	2	100
DP061	Woku ubi	KZGMI-2001	73.0	143	3.1	7.8	15.0	7.0	1.1	195	91	2.8	353	256.0	0.30	1.0		1519	0	0.10			15	100

4.5. BUAH DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
TUNGGAL/SINGLE																								
ER001	Alpukat, segar	DABM-1964	84	85	0.9	6.5	7.7		0.6	10	20	0.9	2	278.0	0.20	0.4		189	180	0.05	0.08	1.0	13	61
ER002	Anggur hutan, segar	KZGPI- 1990	92	30	0.5	0.2	6.8	1.2	0.2	39	12	1.1					0		1	0.01			3	100
ER003	Apel malang, segar	KZGPI- 1990	86	57	0.5	0.4	12.8	0.8	0.3	9	18	0.6	4	175.4	110.16	0.0		26	2240	0.05	0.03	0.1	5	88
ER004	Apel, segar	DABM-1964	84	58	0.3	0.4	14.9	2.6	0.3	6	10	0.3	2	130.0	124.20	0.3		30	90	0.04	0.03	0.1	5	88
ER005	Arbai, segar	DABM-1964	90	37	0.8	0.5	8.3		0.5	28	27	0.8	2	43.0	63.52	18.9		2	60	0.03	0.00	0.1	60	96
ER006	Belimbing, segar	DABM-1964	90	36	0.4	0.4	8.8	3.2	0.4	4	12	1.1	4	130.0		0.1		29	170	0.03			35	86
ER007	Biwah, segar	KZGPI- 1990	87	51	0.3	0.1	12.1	0.7	0.5	220	14	0.8	1	258.6	0.04	0.0	0		12256	0.10	0.02	0.0	4	66
ER008	Buah atung, segar	DABM-1964	92	23	0.8	0.2	5.2		1.8	30	50	4.6							0	0.29			38	80
ER009	Buah kelenting, segar	KZGMI-2001	74	110	1.4	2.1	21.4		1.2	8	102	1.1	2	0.0	0.30	0.9				0.20	0.10		6	77
ER010	Buah kom, segar	KZGPI- 1990	34	264	4.0	1.1	59.6	9.0	1.7	306	92	0.8					0		400	0.11		0.0	9	100
ER011	Buah mentega (bisbul), segar	DABM-1964	89	39	0.7	0.2	9.7	2.0	0.4	43	17	0.8	1	90.0	0.06	0.1		141	55	0.02	0.01	0.1	33	50
ER012	Buah naga merah, segar	BKP	86	71	1.7	3.1	9.1	3.2	0.4	13	14	0.4	10	128.0	0.00	0.4		0	0	0.5	0.3	0.5	1	66.5
ER013	Buah naga putih, segar	BKP	87	56	0.8	1.0	10.9	3.2	0.6	13	27	0.5	7	231.0	0.00	0.4		0	0	0.02	0.5	0.9	1	73.6
ER014	Buah negri, segar	KZGMI-2001	86	55	1.2	0.1	12.2	5.2	0.8	30	40	0.2	10	0.0	0.10	0.3		460		0.33	0.03	0.1	9	48
ER015	Buah nona, segar	DABM-1964	72	101	1.7	0.6	25.2	2.8	1.0	27	20	0.8	5	312.5	325.70	0.1		49		0.08	0.16	0.9	22	58
ER016	Buah rotan, segar	KZGMI-2001	79	78	0.6	0.3	18.2		1.5	1	7	3.4	7	495.0	0.30	0.7				0.12	0.00		5	
ER017	Buah rukam, segar	KZGMI-2001	71	113	0.8	0.3	26.8	7.7	0.8	108	52	1.2	2	219.0	0.30	0.9		17		0.06	0.01		20	100
ER018	Buah ruruhi, segar	KZGMI-2001	93	29	2.1	0.7	3.6	2.6	0.3	6	7	0.0	36	45.0	0.00	0.1		7		0.06	0.01		10	82
ER019	Buah tuppa, segar	KZGMI-2001	83	67	0.4	0.2	15.9		1.0	12	139	0.5	2	0.0	0.20	0.5				0.04	0.01		5	
ER020	Carica papaya, segar	KZGPI- 1990	93	24	1.9	0.2	3.7	1.0	0.9	51	33	1.8					0	0	1000	0.32	0.07	0.0	85	60
ER021	Cempedak, segar	DABM-1964	67	116	3.0	0.4	28.6	3.4	1.0	20	30	1.5	25	243.7				79	200	0.00		0.5	15	30

4.5. BUAH DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
ER022	Duku, segar	DABM-1964	82	63	1.0	0.2	16.1	4.3	0.7	18	9	0.9	2	149.0	0.09	0.2		0	0	0.05	0.15	1.5	9	64
ER023	Durian, segar	DABM-1964	65	149	2.5	3.0	21.5	3.5	8.0	7	44	1.3	1	601.0	0.12	0.3		146	175	0.1	0.19	136.5	53	22
ER024	Duwet, segar	KZGPI- 1990	80	80	0.5	0.6	18.2	0.9	0.5	33	138	1.3	16	92.7	191.28	0.3	0	329	0	0.02	0.01	2.5	130	67
ER025	Embacang, segar	DABM-1964	73	98	1.4	0.2	25.4	1.9	0.5	21	15	0.5	3	250.9	0.13	0.1		2533	1218	0.03	0.09	0.7	56	65
ER026	Encung asam, segar	KZGPI- 1990	73	122	3.5	4.5	17.5	9.3	1.5	63	69	3.2					0		2357	0.02			0	98
ER027	Erbis, segar	DABM-1964	80	70	0.6	0.0	18.9	7.7	0.5	11	50	1.1	21	257.1	0.06	0.1		549	10	0.00	0.10	1.1	16	33
ER028	Gandaria masak	DABM-1964	81	68	0.7	0.1	18.0	2.2	0.4	9	20	1.0	3	129.0				329	1020	0.03	0.07	0.7	111	70
ER029	Gatep, segar	KZGPI- 1990	53	191	4.5	1.5	39.7	13.4	1.6	186	69	3.2	17	403.3	0.69	1.3		51		0.05	0.20	1.8		100
ER030	Jambu air, segar	DABM-1964	87	46	0.6	0.2	11.8	2.1	0.8	8	9	1.1	11	321.2		0.1		92		0.02	0.38	4.6	5	90
ER031	Jambu biji	DABM-1964	86	64	0.9	0.3	12.2	2.4	0.6	14	28	1.1	10	52.8	0.02	0.3		27	25	0.02	0.03	0.8	87	82
ER032	Jambu bj putih tdk brbj	KZGPI- 1990	83	61	0.9	0.3	15.4	4.5	0.6	31	41	0.2	20	103.0	0.04	0.5		53	18	1.02	0.06	1.3	116	82
ER033	Jambu bol, segar	KZGMI-2001	87	49	2.3	0.2	9.6	3.5	0.8	8	8	0.3	1	14.0	0.00	0.0		92		0.13	0.01	0.5	22	67
ER034	Jambu monyet, segar	DABM-1964	83	49	0.7	0.6	15.8	1.2	0.3	4	13	0.5	12	107.8				1604	25	0.02	0.00	2.0	197	90
ER035	Jeruk bali, segar	DABM-1964	86	48	0.6	0.2	12.4	0.8	0.5	23	27	0.5	21	366.1	171.25	0.1		33	20	0.04	0.00	0.4	43	62
ER036	Jeruk banjar, segar	KZGMI-2001	85	61	0.8	0.2	14.1	5.4	0.4	9	13	0.2	3	79.0	0.10	0.1		9		0.12	0.03	0.3	31	72
ER037	Jeruk garut-keprok	DABM-1964	87	44	0.8	0.3	10.9	1.6	0.7	33	23	0.4	5	518.1	169.30	0.2		0	420	0.07	0.03	0.2	31	71
ER038	Jeruk Kalamansi, segar	BKP	90	39	0.3	0.3	8.9	2.3	0.4	42	85	0.5	3	82.0	0.30	0.1		1	0	0.02	0.10	0.0	30	100
ER039	Jeruk manis, segar	DABM-1964	87	45	0.9	0.2	11.2	1.4	0.5	33	23	0.4	4	472.1	160.00	0.2		0	190	0.08	0.03	0.2	49	72
ER040	Jeruk nipis, segar	KZGPI- 1990	89	44	0.5	0.2	10.0	0.4	0.4	18	22	0.2	3	108.9	0.06	0.1		23	4	0.01	0.03	0.2	20	76
ER041	Jeruk ragi, segar	KZGPI- 1990	88	49	0.7	0.2	11.1	0.5	0.4	36	67	0.7	4	457.3	155.00	0.2		0	68	0.03	0.03	0.2	30	59
ER042	Kawista, segar	KZGPI- 1990	72	120	3.5	2.5	20.8	4.6	1.4	190	230	1.6	9	1015.6	308.43	0.4		99		0.07	0.07	0.4	3	72
ER043	Kedondong masak, segar	DABM-1964	88	46	1.0	0.1	10.3	2.6	0.6	15	22	2.8	2	216.2	0.03	0.1		164	233	0.08	0.23	0.3	30	58

4.5. BUAH DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
ER044	Kedondong, segar	KZGMI-2001	88	47	0.5	0.2	10.4	2.7	0.6	7	58	0.8	2	0.0		0.2		167		0.07	0.04	0.4	32	58
ER045	Kelapa hutan, kering	KZGMI-2001	6	623	2.0	52.1	36.5	15.3	3.4	120	280	3.8	100	460.0	1.70	1.9						0.2		
ER046	Kelapa muda, daging, segar	DABM-1964	83	68	1.0	0.9	14.0	0.0	0.8	7	30	1.0	18	564.6	0.14	0.3	0	0		0.06	0.02	0.6	4	53
ER047	Kemang, segar	DABM-1964	87	48	1.0	0.2	11.9	1.7	0.4	10	24	0.1	2	88.6	0.04	0.1		318	6	0.08	0.01	0.3	58	65
ER048	Kesemek, segar	DABM-1964	78	78	0.8	0.4	20.0	0.6	0.6	6	26	0.3	0	34.5	0.13	0.1		109	2710	0.05	0.00	0.1	11	97
ER049	Kokosan, segar	DABM-1964	85	86	1.6	0.2	13.0	1.4	0.2	22	38	1.3	2	118.3	0.08	0.2		0	20	0.04	0.04	1.5	3	64
ER050	Kranji, segar	KZGPI- 1990	20	315	2.1	1.4	73.5	3.6	2.9	160	120	3.7								0.02				31
ER051	Langsat, segar	DABM-1964	84	56	0.9	0.2	14.3	1.4	0.5	17	24	1.1	1	232.0	0.09	0.2			0	0.07	0.00	0.8	9	64
ER052	Lemon, segar	KZGMI-2001	92	34	0.5	0.8	6.2	0.1	0.3	23	20	0.3	31	140.0	0.10	0.2		0		0.09	0.12	0.3	50	100
ER053	Lontar, segar	KZGPI- 1990	93	27	0.4	0.2	6.0	1.6	0.4	91	243	0.5								0.03				79
ER054	Mangga, segar	KZGMI-2001	87	52	0.7	0.0	12.3	1.6	0.2	20	16	1.0	3	140.0	0.33	0.0		316		0.03	0.01	0.3	12	65
ER055	Mangga benggala, segar	KZGMI-2001	84	63	2.4	0.4	12.4	5.8	0.4	9	13	0.2	3	79.0	0.10	0.1		10		0.18	0.01	0.4	43	65
ER056	Mangga gedung, segar	DABM-1964	87	44	0.7	0.2	11.2	1.6	0.5	13	10	0.2	2	83.6	0.04	0.1		113	16400	0.08	0.01	0.3	30	65
ER057	Mangga golek, segar	DABM-1964	82	63	0.5	0.2	16.7	2.3	0.4	14	10	0.7	3	118.1	0.05	0.1		160	3715	0.08	0.02	0.4	65	65
ER058	Mangga harumanis, segar	DABM-1964	87	46	0.4	0.2	11.9	1.7	0.8	15	9	0.2	2	88.9	0.04	0.1		120	1200	0.08	0.01	0.3	6	65
ER059	Mangga indramayu, segar	DABM-1964	80	72	0.8	0.2	18.7	2.5	0.1	13	10	1.9	3	131.4	0.06	0.1		178	2900	0.06	0.02	0.5	16	65
ER060	Mangga kopek, segar	DABM-1964	85	56	0.4	0.2	14.6	2.0	0.3	16	10	1.7	2	102.9	0.04	0.1		139	6520	0.03	0.01	0.4	27	65
ER061	Mangga kwini, segar	KZGMI-2001	79	86	0.7	0.5	19.8	6.5	0.4	11	11	0.2	1	16.0	0.10	0.1		932		0.15	0.02	0.5	18	65
ER062	Mangga manalagi, segar	KZGMI-2001	67	133	1.0	0.1	32.1	11.8	0.3	20	23	1.0	70	161.0	0.00	0.0	0	4		0.07	0.00	0.6	61	65
ER063	Mangga muda, segar	DABM-1964	84	59	0.5	0.4	15.1		0.3	12	11	0.4	2	108.2	0.05	0.1		146	85	0.06	0.02	0.4	2	73

4.5. BUAH DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
ER064	Manggis, segar	DABM-1964	83	63	0.6	0.6	15.6	1.5	0.2	8	12	0.8	10	61.9	0.10	0.1		0	0	0.03	0.03	0.3	5	29
ER065	Markisa, segar	KZGPI- 1990	65	144	3.5	1.2	29.8	11.4	0.8	27	203	1.4	37	453.8	0.11	0.1	0	969	691	0.02	0.17	2.0	10	48
ER066	Matoa, segar	KZGMI-2001	77	90	1.2	0.1	21.1	0.5	1.1	20	40	0.6	10	190.0	0.30	0.6		2		0.18	0.09	0.5	54	40
ER067	Melon, segar	BKP	91	37	0.6	0.4	7.8	1.0	0.5	12	14	0.4	27	167.0	0.30	0.1		1	0	0.02	0.10	0.0	0	58.1
ER068	Menteng, segar	DABM-1964	79	65	1.7	0.3	16.1		2.9	13	20	0.8							0	0.00				64
ER069	Nanas palembang, segar	KZGMI-2001	86	58	0.7	0.2	13.3	1.6	0.3	29	15	0.6	7	117.0	0.03	0.1		17		0.26	0.03	0.2	11	53
ER070	Nanas, segar	KZGPI- 1990	89	40	0.6	0.3	9.9	0.6	0.3	22	14	0.9	18	111.0	0.03	0.1	0	17	90	0.02	0.04	0.2	22	53
ER071	Nangka masak pohon, segar	DABM-1964	70	106	1.2	0.3	27.6	3.7	2.7	20	19	0.9	2	407.0	246.58	1.4		149	330	0.07	0.10	1.0	7	28
ER072	Pala, daging, segar	DABM-1964	88	42	0.3	0.2	10.9	0.5	0.5	32	24	1.5							29				22	30
ER073	Pepaya, segar	DABM-1964	87	46	0.5	0.1	12.2	1.6	0.6	23	12	1.7	4	221.0	0.02	0.3		1038	365	0.04	0.06	0.4	78	75
ER074	Pisang ambon, segar	KZGMI-2001	73	108	1.0	0.8	24.3	1.9	1.0	20	30	0.2	10	356.3	0.20	0.2		37		0.05	0.11	0.1	9	75
ER075	Pisang angleng (pisang ampyang), segar	DABM-1964	80	68	1.3	0.2	17.2	0.8	1.0	10	26	0.6	23	215.7	0.04	0.0		9	76	0.08	0.05	2.5	6	75
ER076	Pisang ayam, segar	KZGMI-2001	71	120	1.1	0.2	26.8	4.1	0.7	20	61	0.4	6	392.0	0.10	0.3		24		0.10	0.02	1.0	26	75
ER077	Pisang gapi, segar	KZGMI-2001	66	131	1.6	0.1	31.1	11.7	1.0	58	40	0.3	6	392.0	0.13	0.3		13		0.18	0.02	0.3	13	75
ER078	Pisang goroho, segar	KZGMI-2001	69	119	1.5	0.2	27.9	4.6	1.0	2	30	0.2	36	359.0	0.13	0.3		11		0.15	0.02	1.1	10	75
ER079	Pisang hijau, segar	KZGPI- 1990	69	121	1.0	0.1	28.9	0.4	1.1	9	37	0.9	31	529.4	0.28	0.6		48	1000	0.13	0.06	0.0	13	72
ER080	Pisang kayu, segar	KZGMI-2001	74	100	1.4	0.5	23.6	2.6	0.6	15	0	0.1	1	493.0	0.08	0.3		3		0.10	0.00	0.6	11	75
ER081	Pisang kepok, segar	KZGMI-2001	72	109	0.8	0.5	26.3	5.7	1.0	10	30	0.5	10	300.0	0.10	0.2		0		0.10	0.00	0.1	9	75
ER082	Pisang ketip, segar	KZGMI-2001	63	145	1.1	0.3	34.5	6.6	0.7	5	54	0.1	4	726.0	0.15	0.5		3		0.13	0.02	0.8	95	75
ER083	Pisang kidang, segar	KZGPI- 1990	75	96	1.0	0.2	22.5	0.6	0.9	87	173	0.6	6	418.8	0.22	0.5		38	58	0.04	0.10	0.9	2	70

4.5. BUAH DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
ER084	Pisang lampung, segar	DABM-1964	72	99	1.3	0.2	25.6	4.3	0.8	10	19	0.9	28	475.0	0.25	0.5		43	618	0.07	0.12	1.0	4	75
ER085	Pisang mas bali ampenan, segar	KZGMI-2001	77	92	1.4	0.2	21.0	3.7	0.5	7	29	1.2	32	272.0	0.18	0.4		14		0.09	0.03	0.6	11	75
ER086	Pisang mas bali kopang, segar	KZGMI-2001	64	127	1.4	0.2	31.8	3.7	2.4	10	0	0.1	43	616.0	0.12	0.4		21		0.21	0.05	0.9	17	75
ER087	Pisang mas, segar	DABM-1964	64	127	1.4	0.2	33.6	1.4	0.6	7	25	0.8	42	392.0	195.78	0.5		17	79	0.09	0.08	4.5	2	85
ER088	Pisang raja sereh, segar	KZGPI- 1990	69	108	1.3	0.3	28.2	0.7	1.0	16	38	0.1	31	522.6	0.27	0.6		48	480	0.02	0.08	1.1	2	86
ER089	Pisang raja, segar	DABM-1964	66	120	1.2	0.2	31.8	5.3	1.0	10	22	0.8	35	582.2	0.31	0.7		53	950	0.06	0.14	1.2	10	70
ER090	Pisang rotan, segar	KZGPI- 1990	76	98	1.3	1.2	20.5	1.0	0.9	17	51	1.1	24	406.9	0.21	0.5		37	697	0.01	0.1	0.9	2	56
ER091	Pisang talas, segar	KZGMI-2001	71	113	1.2	0.2	26.7	4.4	0.9	22	22	0.6	29	48.0	0.26	0.1		159		0.12	0.03	1.0	9	75
ER092	Pisang tujuh bulan	KZGMI-2001	76	94	0.6	0.2	22.5	3.7	0.8	50	20	0.2	0	4.0	0.10	0.4	0	72		0.03	0.03	0.3	6	75
ER093	Pisang ua, segar	KZGMI-2001	68	128	0.8	0.5	30.2	8.1	0.7	12	28	0.7	33	382.0	0.20	0.3		5		0.09	0.01	1.2	4	75
ER094	Pisang uli, segar	KZGPI- 1990	62	134	1.1	0.5	35.5	1.4	1.1	31	53	0.9	39	650.3	0.34	0.7		59	113	0.11	0.16	1.4	3	77
ER095	Purut, segar	KZGPI- 1990	81	76	4.1	1.1	15.2	1.7	1.4	30	76	0.6	10	285.2				27	93	0.01	0.11	0.0	0	34
ER096	Rambutan binjai, segar	KZGMI-2001	81	76	0.5	0.2	18.0	3.8	0.3	15	22	1.2	22	120.0	0.20	0.2		0		0.19	0.01	0.4	13	40
ER097	Rambutan, segar	DABM-1964	81	69	0.9	0.1	18.1	0.8	0.4	16	16	0.5	16	104.2	0.17	0.1		0	0	0.00	0.07	0.5	58	40
ER098	Salak bali, segar	KZGPI- 1990	85	57	0.5	0.1	13.6	1.3	0.7	94	25	2.1			0.08	0.2	0	3	37	0.00			0	93
ER099	Salak medan, segar	KZGMI-2001	78	55	0.4	0.2	12.8	3.2	8.5	6	46	0.5	39	113.0	0.20	0.3	0	4		0.04	0.03		58	93
ER100	Salak pondoh, segar	KZGPI- 1990	78	87	0.8	0.4	20.1	0.0	0.8	38	31	3.9			0.08	0.2	0		40	0.00	0.12	0.1	8	59
ER101	Salak, segar	DABM-1964	78	77	0.4		20.9		0.7	28	18	4.2			0.08	0.2		4	0	0.04			2	93
ER102	Sawo duren, segar	KZGPI- 1990	87	64	1.0	3.1	8.0	0.8	0.6	18	45	0.8	13	111.4	0.02	0.1	0	0	0	0.01	0.02	0.1	1	64
ER103	Sawo kecik, segar	KZGPI- 1990	74	111	0.9	2.3	21.6	1.0	1.4	20	185	0.7	28	117.8	0.04	0.1	0	119	12	0.00	0.04	1.5	19	83
ER104	Sawo manila, segar	DABM-1964	76	92	0.5	1.1	22.4	9.5	0.5	25	12	1.0	26	110.2	0.04	0.1	0	111	60	0.01	0.04	1.4	21	79
ER105	Semangka, segar	DABM-1964	92	28	0.5	0.2	6.9	0.4	0.3	7	12	0.2	7	93.8	0.04	0.1		315	590	0.05	0.05	0.3	6	46

4.5. BUAH DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
ER106	Sirsak, segar	DABM-1964	82	65	1.0	0.3	16.3	3.2	0.7	14	27	0.6	2	298.9	0.08	1.0		8	10	0.07	0.08	0.7	20	68
ER107	Sowa, segar	KZGMI-2001	88	48	1.6	0.6	9.1	4.5	10.0	50	40	0.3	9	0.0	0.10	1.5	0	364		0.15	0.23	0.2	4	
ER108	Srikaya, segar	KZGPI- 1990	83	63	1.1	0.5	13.9	2.1	1.1	127	30	2.7					0		31	0.08			28	48
ER109	Sukun muda, segar	KZGPI- 1990	69	119	1.4	0.2	28.1	1.4	1.0	24	44	1.4	24	414.4	0.09	0.1		28	4896	0.17	0.17	3.7	52	84
ER110	Sukun tua, segar	KZGPI- 1990	68	126	1.6	0.2	24.5	1.5	1.0	37	47	1.6	25	436.0	0.09	0.1		30	2000	0.18	0.17	3.9	58	88
ER111	Vigus, segar	KZGMI-2001	88	44	2.4	0.1	8.3		1.2	30	20	0.3	2	180.0	0.10	0.2				0.26	0.01		43	
ER112	Wani, segar	KZGPI- 1990	81	74	0.8	0.3	17.1	3.1	0.6	66	29	1.2							32	0.08			80	77
OLAHAN/PRODUK/KOMPOSIT																								
EP001	Barongko	KZGMI-2001	67	159	3.1	5.8	23.5		0.7	35	65	1.2	46	78.0	0.30	0.6								100
EP002	Dodol nanas	KZGMI-2001	16	338	1.5	1.2	80.3		0.9											0.30			8	100
EP003	Getuk pisang	KZGPI- 1990	64	144	1.1	0.4	34.1	0.4	0.7	48	32	1.0							1240	0.55			0	100
EP004	Keripik lampung	KZGPI- 1990	5	485	1.7	22.2	69.7	0.6	1.5	43	65	0.8							1464	0.34			0	100
EP005	Ledre pisang	KZGPI- 1990	4	405	4.8	5.1	84.9	0.4	1.6	59	124	2.6						4	7330	0.41			0	100
EP006	Lempog durian	KZGPI- 1990	25	320	3.5	5.7	63.7	4.9	1.9	190	93	2.5								0.05	0.04			100
EP007	Loka anjoro	KZGMI-2001	63	163	1.1	4.3	30.0		1.3															100
EP008	Rica-rica taipa	KZGMI-2001	87	49	1.6	0.3	10.0		1.4	11	48	3.0	426	42.0	0.50	0.5		13		0.18			15	100
EP009	Rujak aceh	KZGMI-2001	79	82	0.4	0.3	19.7	2.4	0.9									10		0.22	0.03		42	100
EP010	Sale kesemek	KZGMI-2001	25	296	1.1	0.6	71.4		1.8														3	100
EP011	Sale pisang siam	KZGPI- 1990	29	281	2.4	0.7	66.1	1.0	2.0	41	64	1.2							272	0.10			0	100
EP012	Sale pisang, cilacap	KZGPI- 1990	27	295	2.3	2.1	66.9	1.3	1.7	47	97	2.8							296	0.14				100
EP013	Sanggara belanda	KZGMI-2001	47	242	6.4	7.1	38.2		1.2															100
EP014	Tepung Pisang	BKP	14	338	2.9	0.4	80.6	5.3	2.1	23	62	4.0	18	734.0	0.10	0.5		13	1	0.02	0.02	1.0	2	100
EP015	Tepung Sukun	BKP	10	353	2.9	0.5	84.4	3.7	2.1	100	85	4.6	9	2008.0	0.10	0.6		0	0	0.40	0.02	0.1	3	100

4.6. DAGING, UNGGAS DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
TUNGGAL/SINGLE																								
FR001	Anak sapi, daging, gemuk, segar	DABM-1964	62.0	184	18.8	14.0	0.0	0.0	5.2	10	200	2.2	118	490.1	0.17	3.3	12	37		0.13	0.17	7.0		100
FR002	Anak sapi, daging, kurus, segar	DABM-1964	69.0	174	19.6	10.0	0.0	0.0	1.4	11	201	2.9	96	399.8	0.14	2.7	6	30		0.08	0.14	5.7	0	100
FR003	Anak sapi, daging, sedang, segar	DABM-1964	68.0	190	19.1	12.0	0.0	0.0	0.9	11	193	2.9	99	412.7	0.14	2.8	12	83		0.14	0.15	5.9	0	100
FR004	Angsa, daging, segar	DABM-1964	51.1	349	16.4	31.5	0.0	0.0	1.0	15	188	1.8	71	299.2	0.26	1.7	273	0		0.10	0.24	7.11	0	60
FR005	Ayam, daging, segar	DABM-1964	55.9	298	18.2	25.0	0.0	0.0	0.9	14	200	1.5	109	385.9	0.11	0.6	245	0		0.08	0.14	10.4	0	58
FR006	Ayam, dideh/darah, segar	DABM-1964	82.0	75	13.8	1.9	0.7	0.0	1.6	15	9	1.3	337	234.0			15			0.02		0.6	0	100
FR007	Ayam, hati, segar	KZGMS-1993	53.4	261	27.4	16.1	1.6	0.0	1.5	118	373	15.8	1068	22.9	0.84	0.0	4957	169	28000	0.64	4.38	4.11	0	100
FR008	Babi, daging, gemuk,segar	DABM-1964	42.0	453	11.9	45.0	0.0	0.0	1.1	7	117	1.8	112	819.3	0.22	0.4	0	0		0.58	0.59	5.9	0	100
FR009	Babi, daging, kurus, segar	DABM-1964	50.0	371	14.1	35.0	0.0	0.0	0.9	8	151	2.1	97	706.3	0.19	0.4	0	0		0.67	0.33	5.4	0	100
FR010	Babi, ginjal, segar	DABM-1964	77.1	110	16.3	4.6	0.8	0.0	1.2	11	246	8.0	139	390.0	0.71	3.2	39	10		0.58	1.59	9.1	13	100
FR011	Babi, hati, segar	DABM-1964	72.3	129	19.7	4.8	1.7	0.0	1.5	10	362	18.0	110	447.0	0.58	0.1	4303	6		0.40	1.16	5.7	23	100
FR012	Bebek (itik), daging, segar	DABM-1964	54.3	321	16.0	28.6	0.0	0.0	1.1	15	188	1.8	54	199.0	0.21	1.2	273	0		0.10	0.28	4.3	0	60
FR013	Bebek alabio, daging, segar	KZGMI-2001	57.0	303	11.3	27.0	3.7	0.0	1.0	20	293	4.8	50	260.0	0.70	2.0		0		0.36	0.04	4.1		100
FR014	Belibis, daging, segar	KZGMI-2001	71.3	131	20.2	4.3	2.8	0.0	1.4	8	192	9.6	46	104.0	1.20	1.6		0		0.37	0.08	2.7		100
FR015	Burung, sarang, segar	DABM-1964	24.8	281	37.5	0.3	32.1		5.3	485	18	3.0					0						0	100
FR016	Domba, daging, gemuk, segar	DABM-1964	55.8	317	15.7	27.7	0.0	0.0	0.8	9	157	2.4	64	242.1	0.11	3.7	0	0		0.14	0.23	6.5	0	100
FR017	Domba, daging, kurus, segar	DABM-1964	66.3	202	17.1	14.8	0.0	0.0	1.8	10	191	2.6	90	355.0	0.08	2.8	0	0		0.15	0.26	5.7	0	100
FR018	Domba, ginjal, segar	DABM-1964	77.8	100	16.6	3.3	1.0	0.0	1.3	13	237	9.2	155	276.0	0.48	2.4	348	515		0.51	2.35	7.5	13	100
FR019	Kambing, daging, segar	DABM-1964	70.3	149	16.6	9.2	0.0	0.0	3.9	11	124	1.0	96	268.7	0.31	4.9	0	0		0.09	0.23	5.0	0	100

4.6. DAGING, UNGGAS DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
FR020	Kelinci, daging, segar	FCTEA-1972	74.3	142	16.9	7.8	0.0	0.0	1.0	7	350	1.0	49	371.1			0	0	0	0.11	0.11	6.8		100
FR021	Kerbau, daging, segar	DABM-1964	80.0	79	18.7	0.5	0.0	0.0	0.8	14	221	3.3	91	273.0	0.13	1.6				0.06	0.17	5.0	0	100
FR022	Kuda, daging, segar	DABM-1964	76.0	113	18.1	4.1	0.9	0.0	0.9	10	150	2.7	46	315.7	0.13	2.5	0			0.07	0.07	3.0	0	100
FR023	Sapi, babat, segar	DABM-1964	76.7	108	17.6	4.2	0.0	0.0	1.5	12	144	1.0	147	101.4	0.11	2.2	0	49		0.15	0.17	1.7	0	100
FR024	Sapi, daging, gemuk, segar	DABM-1964	60.0	273	17.5	22.0	0.0	0.0	0.5	10	150	2.6	93	267.0	0.17	6.4	12	0		0.08	0.18	7.3	0	100
FR025	Sapi, daging, kurus, segar	DABM-1964	69.0	174	19.6	10.0	0.0	0.0	1.4	11	181	2.9	83	489.0	0.07	4.9	6	181		0.07	0.51	1.2	0	100
FR026	Sapi, daging, lemak sedang, segar	DABM-1964	66.0	201	18.8	14.0	0.0	0.0	1.2	11	170	2.8	105	378.0	4.58	5.2	9	198		0.08	0.56	1.3	0	100
FR027	Sapi, daleman, segar	KZGMI-2001	70.1	183	12.0	14.4	1.4	0.0	2.1	43	319	1.8	277	160.0	0.10	0.8		104		0.31	0.22	8.4		100
FR028	Sapi, dideh/darah	DABM-1964	75.6	98	21.9	1.1	0.0	0.0	1.4	7	24	1.3	150	170.0		0.2	15	214		0.01	0.03	0.9	0	100
FR029	Sapi, ginjal, segar	DABM-1964	74.9	137	15.0	8.1	0.9	0.0	1.1	9	221	7.9	200	230.2			348	583		0.37	1.22	6.1	13	100
FR030	Sapi, keleponan, segar	KZGMI-2001	83.8	84	10.5	4.6	0.2	0.0	0.9	20	13	2.1	73	318.0	0.20	1.7	857	34		0.10	0.14	0.3		100
FR031	Sapi, liver, segar	DABM-1964	69.7	132	19.7	3.2	6.0	0.0	1.4	7	358	6.6	110	213.0	0.51	2.3	13303	355		0.26	1.52	11.4	31	100
FR032	Sapi, otak, segar	DABM-1964	78.9	123	10.4	8.6	0.8	0.0	1.3	16	330	3.6	112	243.8	0.26	0.9	0	0		0.23	0.19	3.9	18	100
FR033	Sapi, usus, segar	DABM-1964	76.7	126	14.0	7.2	1.5	0.0	0.6	14	115	4.0					61	0		0.08	0.33	0.2	0	100
FR034	Ulat sagu segar	KZGMI-2001	65.9	241	5.8	21.6	5.8	2.8	0.9	20	70	0.5	210	210.0	1.00	7.7		0		0.17	1.45	0.1		100
OLAHAN/PRODUK/KOMPOSIT																								
FP001	Ayam, ampela, goreng	KZGMS-1993	44.8	270	32.3	11.2	9.9	0.0	1.8	129	314	4.9	980		0.12	3.3	56		0	0.21		4.7	0	100
FP002	Ayam, usus, goreng	KZGPI-1990	4.6	473	45.2	26.3	13.9	0.0	10.1	1407	458	8.4					6		224	0.57		0.0		100
FP003	Bebek, daging, goreng	KZGMI-2001	48.8	300	24.0	20.7	4.5	0.0	2.0	170	170	4.1	34	6.0	0.40	3.0		0		0.10	0.40	10.6		100
FP004	Buaya, daging, dendeng, mentah	KZGMI-2001	12.3	365	49.6	4.8	30.8		2.5	60	130	4.3	500	680.0	0.20	11.6		0				0.2		100

4.6. DAGING, UNGGAS DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
FP005	Ham	DABM-1964	42.0	384	16.9	35.0	0.3	0.0	5.8	10	136	2.5	112	819.3	0.11	0.4	0			0.70	0.95	9.7	0	100
FP006	Itik alabio, daging, dendeng, mentah	KZGMI-2001	12.7	496	30.3	33.5	18.4		5.1	135	370	12.5	1081	478.0	0.70	0.3		0						100
FP007	Kerupuk urat	KZGMI-2001	3.6	588	53.7	40.9	1.2		0.6	36	15	1.3	1024	37.0	0.10	0.2	2802							100
FP008	Menjangan, daging, dendeng, mentah	KZGMI-2001	14.3	322	55.8	2.0	22.7		5.3	55	310	2.1	765	1282.0	1.70	3.2	3391	26						100
FP009	Punai, daging, goreng	KZGMI-2001	54.5	224	26.2	11.3	4.4		3.6	362	362	3.1	2	19.0	0.30	1.6								100
FP010	Rusa, daging, dendeng, mentah	KZGMI-2001	18.3	536	40.5	41.5	0.0		2.5	90	420	13.4	130	690.0	0.30	10.7	285					0.2		100
FP011	Sapi, abon	KZGPI-1990	7.1	212	18.0	10.6	59.3	7.5	4.7	150	209	12.3					0	240	138	0.17			0	100
FP012	Sapi, abon, asli	KZGPI-1990	24.8	358	14.6	16.1	38.6	2.5	5.8	165	136	14.6					3	194	144	0.13			0	100
FP013	Sapi, daging, asap	DABM-1964	60.0	182	32.0	6.0	0.0	0.0	2.0	15	300	5.0	1620	485.4	0.03	5.1	6			0.12	0.23	5.9	0	100
FP014	Sapi, daging, dendeng, mentah	DABM-1964	25.0	301	55.0	9.0	0.0		11.0	30	370	5.1					0			0.10			0	100
FP015	Sapi, daging, kornet	DABM-1964	53.0	289	16.0	25.0	0.0	0.0	6.0	10	170	4.0	794	94.4	0.07	4.0	0	52		0.01	0.16	2.7	0	100
FP016	Sapi, daging, sosis (Worst)	DABM-1964	37.6	448	14.5	42.3	2.3		3.3	28	61	1.1	765	284.5	0.06	1.7	0			0.10	0.18	4.9	0	100
FP017	Sapi, hati, sosis (liverworst)	DABM-1964	56.6	274	16.0	22.0	3.0	2.3	2.4	20	150	4.0	654	158.8	0.22	2.2	1201			0.20	0.96	4.0	0	100
FP018	Sapi, paru, dendeng, mentah	KZGMI-2001	9.7	360	57.3	6.0	19.2		7.8	126	903	21.1	1483	864.0	1.20	6.1	2827							100
FP019	Sapi, paru, goreng	KZGMS-1993	45.5	268	23.9	12.7	14.5		3.1	102	315	8.8	923	299.0	0.00	1.5	790							100
FP020	Ulat sagu, panggang	KZGMI-2001	41.3	380	11.9	30.3	14.9	4.8	1.6	30	120	1.5	260	550.0	3.10	14.2		0		0.50	2.50	0.1		100
FP021	Ayam goreng church texas, dada	KZGPI- 1990	42.2	338	35.2	20.6	0.4	0.0	1.5	79	221	5.6	800	369.5	0.16	1.1	16		80	0.52	0.16	12.1	0	100
FP022	Ayam goreng church,texas paha	KZGPI- 1990	50.3	287	31.0	15.7	1.7	0.0	1.3	99	176	4.1	723	257.0	0.17	1.5	22		30	0.66	0.20	5.3	0	100
FP023	Ayam goreng church texas, sayap	KZGPI- 1990	47.2	295	34.0	16.0	1.5	0.0	1.3	81	179	3.0	771	237.2	0.16	1.2	13		50	0.44	0.13	6.2	0	100

4.6. DAGING, UNGGAS DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
FP024	Ayam goreng kalasan, paha	KZGPI- 1990	46.2	275	37.4	12.2	1.3	0.0	2.9	116	237	5.8	176	321.9	0.16	1.5	10	0	50	0.10			0	100
FP025	Ayam goreng kentucky, dada	KZGPI- 1990	46.5	298	34.2	16.8	0.1	0.0	2.5	90	284	5.5	741	342.0	0.07	1.0	36		50	0.19	0.00	0.0	0	100
FP026	Ayam goreng Kentucky, paha	KZGPI- 1990	48.7	286	32.1	16.1	1.1	0.0	2.0	89	248	6.9	746	265.2	0.09	2.3	31		20	0.50	0.21	5.5	0	100
FP027	Ayam goreng Kentucky,sayap	KZGPI- 1990	44.7	297	35.9	15.2	1.6	0.0	2.6	103	227	4.4	807	248.4	0.06	1.4	22		70	0.73	0.14	6.5	0	100
FP028	Ayam goreng mbok berek dada	KZGPI- 1990	43.4	295	39.2	13.6	1.0	0.0	2.8	114	278	5.4					8		50	0.19			0	100
FP029	Ayam goreng pasundan, dada	KZGPI-1990	50.1	246	37.9	9.0	0.7	0.0	2.3	90	260	7.5					6		70	0.16		0.0		100
FP030	Ayam goreng pasundan, paha	KZGPI-1990	52.8	245	33.1	11.4	0.3	0.0	2.5	90	283	7.3					8		40	0.37		0.0		100
FP031	Ayam goreng pioneer, dada	KZGPI-1990	44.5	295	37.4	14.7	0.6	0.0	2.7	108	236	6.8					16		80	0.10		0.0		100
FP032	Ayam goreng sukabumi, dada	KZGPI-1990	49.8	244	36.7	9.2	1.0	0.0	3.4	81	154	6.1					20		80	0.66		0.0		100
FP033	Ayam goreng sukabumi, paha	KZGPI-1990	46.0	283	35.7	14.3	0.5	0.0	3.6	68	106	5.4					11		60	0.36		0.0		100
FP034	Ayam taliwang, masakan	KZGMI-2001	57.5	264	18.2	20.1	2.7		1.5	94	164	2.0	507	408.0	0.40	12.3	1067							100
FP035	Babi hutan masak rica, masakan	KZGMI-2001	56.2	491	24.6	16.3	0.2		2.7	18	144	1.2	1415	327.0	0.20	2.6	2193			0.61	0.47		0	100
FP036	Beef burger	KZGMS-1993	45.5	258	10.6	9.5	32.5	0.4	2.2	210	157	2.6	572	189.1			218		7580	0.95			0	100
FP037	Beef teriyaki, masakan	KZGMS-1993	65.1	151	8.6	3.1	22.3	0.3	0.9	142	62	2.3	377				22		400	0.53			0	100
FP038	Beef yakiniku, masakan	KZGMS-1993	67.7	132	9.8	1.1	20.7	0.3	0.8	302	67	2.0	409				78		700	0.62			0	100
FP039	Brongkos	KZGPI-1990	76.4	141	15.3	3.3	12.6	1.0	2.4	87	97	5.1					4		356	0.40			0	100
FP040	Bulgogi, masakan	KZGMS-1993	84.2	72	11.4	4.9	1.4	1.7	0.7	214	86	2.5	509				17			1.08			0	100
FP041	Chicken teriyaki, masakan	KZGMS-1993	68.2	168	13.0	9.6	7.5	0.8	1.7	137	106	3.1	959				68		2200	0.65			0	100
FP042	Chikiniku, masakan	KZGMS-1993	65.4	143	9.8	1.4	22.8	0.4	0.6	301	63	2.0	531				27		1280	0.73			0	100

4.6. DAGING, UNGGAS DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
FP043	Coto mangkasara, kuda, masakan	KZGMI-2001	83.5	96	6.8	5.9	3.8		0.9	11	106	2.3	96	31.0	0.10	1.0				0.23	0.14	4.2		100
FP044	Coto mangkasara, sapi, masakan	KZGMI-2001	85.9	84	6.0	6.0	1.4		0.7	8	104	4.0	90	25.0	0.30	0.6				0.16	0.14	10.3		100
FP045	Djibokum, masakan	KZGMS-1993	43.4	248	10.0	2.3	40.9	0.1	3.4	116	110	2.8	401				52		1920	0.75			0	100
FP046	Empal (daging) Goreng, masakan	KZGMS-1993	43.9	248	36.2	6.9	10.1		2.0	131	235	6.4	848				112		620	0.55			0	100
FP047	Gulai kambing	KZGMI-2001	78.4	126	4.2	9.4	6.2		1.8	45	73	1.3	302	138.0	0.20	1.1	151			0.13	0.01			100
FP048	Jangang bintatoeng, masakan	KZGMI-2001	73.6	107	5.3	2.2	16.5		2.4	64	61	2.5	482	406.0	0.20	0.8				0.18	0.02	3.4		100
FP049	Kalio ayam, masakan	KZGMS-1993	64.7	203	16.0	13.5	4.4		1.4	278	177	4.2	534				105		3780	0.35			0	100
FP050	Kalio jeroan, masakan	KZGMS-1993	68.9	163	16.5	9.0	4.1		1.5	102	268	7.1	570				298		1960	0.70			0	100
FP051	Kalio kikil (tunjang), masakan	KZGMS-1993	75.3	122	13.8	5.7	3.9		1.3	154	59	3.4	519				36		1440	0.38			0	100
FP052	Kalio otak, masakan	KZGMS-1993	70.3	157	8.1	8.8	11.4		1.4	212	69	3.3	604				32		1040	0.45			0	100
FP053	Lawar babi, masakan	KZGPI-1990	68.8	174	17.0	10.0	3.0	0.0	1.2	61	141	3.0				0.0		0		0.10		0.0		100
FP054	Lawar penyu, masakan	KZGPI-1990	66.3	141	23.0	1.5	7.6	0.0	1.6	69	141	6.0				0.0		0		0.10		0.0		100
FP055	Lawara jangang, masakan	KZGMI-2001	72.4	159	5.0	10.9	10.1		1.6	57	107	1.5	400	2368.0	0.10	1.0	14			0.25	0.16			100
FP056	Naan maran sapi, masakan	KZGMI-2001	14.8	478	38.3	33.9	5.1		7.9	30	390	11.8	220	320.0	0.60	3.9	33					0.2		100
FP057	Nasu likku, masakan	KZGMI-2001	59.0	196	14.5	8.3	15.9		2.3	69	157	1.0	386	470.0	0.30	2.0				0.20	0.24	1.5		100
FP058	Oramu ninahu ndawa olaho, masakan	KZGMI-2001	74.9	117	13.7	5.0	4.3		0.1	964	804	2.0		727.0	0.30	1.5	4095			0.77	0.04	1.7		100
FP059	Paniki masak santan, masakan	KZGMI-2001	25.4	460	28.5	35.2	7.2		3.7	188	357	5.5	2002	532.0	0.40	2.5	954			0.27	0.19			100

4.6. DAGING, UNGGAS DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
FP060	Pelolah manuk, masakan	KZGMI-2001	60.0	219	19.7	13.6	4.4		2.3	33	160	1.6	577				137		1940	0.42			0	100
FP061	Rawon, masakan	KZGPI-1990	86.0	60	5.4	2.5	4.0		2.1	272	153	3.3					10		1235	0.09			0	100
FP062	Rendang sapi, masakan	KZGPI-1990	57.9	193	22.6	7.9	7.8	0.0	3.8	474	211	14.9					21		534	0.12		0.0		100
FP063	RW, anjing, masakan	KZGMI-2001	60.8	198	24.6	10.7	0.9		3.0	1071	876	4.0	1604	226.0	0.10	2.8	256			0.35	0.20			100
FP064	Sate, penyu, masakan	KZGPI-1990	57.4	179	22.5	3.5	13.3	0.0	3.3	187	238	14.4				0.0		0		0.10		0.0		100
FP065	Sate pusut, masakan	KZGMI-2001	52.1	274	12.9	18.6	13.6		2.8	63	190	2.7	609				133	0		0.06		0.0		100
FP066	Penyu, serapah, masakan	KZGPI-1990	71.3	174	13.1	12.2	2.2	0.0	1.2	72	186	9.5		507.0	0.80	2.4	1302							100
FP067	Sie reuboh, masakan	KZGMI-2001	32.4	474	11.2	42.5	11.7		2.2	26	62	1.3	677	176.0	2.40	3.2	141	9		0.46	0.26			100
FP068	Sop buntut, masakan	KZGMS-1993	86.1	71	7.5	3.6	2.2		0.6	286	38	3.2	490				119		2900	0.14			0	100
FP069	Sop daging sapi, masakan	KZGMS-1993	87.5	49	5.8	0.5	5.3		0.9	158	48	2.2	391				101		3320	0.37			0	100
FP070	Sop kaki sapi, masakan	KZGMS-1993	84.5	68	9.0	1.9	3.7		0.9	302	15	2.2	435				48		150	0.46			0	100
FP071	Sop kambing, masakan	KZGMS-1993	91.6	34	5.5	0.8	1.1		1.0	145	37	1.6	348				48		80	0.57			0	100
FP072	Sop konro, masakan	KZGMI-2001	85.0	71	7.4	2.6	4.5		0.5	17	60	4.6	184	25.0	0.30	1.3				0.12	0.02	10.9	0	100
FP073	Sop saudara, masakan	KZGMI-2001	82.4	89	7.2	5.0	3.9		1.5	10	174	9.0	274	50.0	0.20	1.1				0.09	0.12	2.00	0	100
FP074	Soto bandung, masakan	KZGPI-1990	89.9	42	3.9	1.7	2.8	0.4	1.8	74	75	1.8					6	20				0.0	0	100
FP075	Soto banjar, masakan	KZGMI-2001	83.7	110	2.9	9.5	3.2		0.7	28	28	0.3	36	6.0	0.00	0.2	12		770	0.05			0	100
FP076	Soto betawi, masakan	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	0	100
FP077	Soto jeroan, masakan	KZGMS-1993	81.4	92	11.8	4.3	1.4		1.1	218	48	1.9	363				85		440	0.36			0	100

4.6. DAGING, UNGGAS DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
FP078	Soto kudus, masakan	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	100
FP079	Soto madura, masakan	KZGPI-1990	89.8	60	3.5	4.5	1.3	0.0	0.9	361	126	3.8					26		121	0.06		0.0	0	100
FP080	Soto padang, masakan	KZGPI-1990	75.0	127	5.9	6.6	11.0	0.7	2.0	298	94	1.5					12		204	0.22		0.0	0	100
FP081	Soto pekalongan, masakan	KZGPI-1990	83.8	94	3.0	6.8	5.1	0.3	1.3	322	79	2.0					14		119	0.29		0.0	0	100
FP082	Soto pemalang, masakan	KZGPI-1990	86.0	75	3.6	5.2	3.5	0.0	1.7	170	80	2.1					16		30	0.13		0.0	0	100
FP083	Soto sukaraja, masakan	KZGPI-1990	75.9	80	3.2	3.5	9.0	0.3	1.1	347	77	2.3					12		89	0.04		0.0	0	100
FP084	Soto sulung, masakan	KZGPI-1990	88.1	86	2.3	8.5	0.0	0.0	1.1	200	120	2.9					20		105	0.08		0.0	0	100
FP085	Sukiyaki, masakan	KZGMS-1993	81.0	75	5.6	0.4	12.2	0.2	0.8	109	59	0.5	426				41		1200	0.37			0	100
FP086	Tedong pallu basa, masakan	KZGMI-2001	81.7	83	10.4	3.4	2.8		1.7	10	139	2.6	397	34.00	0.60	1.3				0.09	0.53	9.0	0	100
FP087	Tikus rica, masakan	KZGMI-2001	54.9	257	18.8	18.5	3.8		4.0	232	293	6.5	1724	308.00	0.50	2.3	674			0.28	0.38			100
FP088	Tinoransa, masakan	KZGMI-2001	31.6	516	17.7	49.5	0.0		1.2	698	648	3.5	1307	320.00	0.10	1.8	710			0.29	0.17			100

4.7. IKAN, KERANG, UDANG DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
TUNGGAL/SINGLE																								
GR001	Belut, segar	KZGMI-2001	81.5	70	14.6	0.8	1.0	0.0	2.1	49	155	1.5	55	169.0	0.20	1.2		0		0.22	0.12	7.7		
GR002	Belut, laut, segar	KZGPI- 1990	79.5	93	12.8	1.5	6.1	0.0	4.1	60	199	3.0	33	175.9	0.10	1.0	51	3	71	0.06	0.00	2.7		
GR003	Cumi-cumi, segar	KZGPI- 1990	82.2	75	16.1	0.7	0.1	0.0	0.9	32	200	1.8	37	204.1	1.60	1.3	0	20	0	0.08	0.00	2.5	0	
GR004	Ikan bader, segar	DABM- 1964	66.0	193	19.0	13.0	0.0	0.0	2.0	48	150	0.4	118	264.9	0.10	0.2	45	0		0.01	0.10	4.1	0	
GR005	Ikan balong, segar	KZGPI- 1990	76.5	107	16.5	3.9	1.5	0.0	1.5	54	202	2.0	86	253.4	0.50	1.0	25	0	0	0.05	0.10	2.5	0	
GR006	Ikan bambangan, segar	KZGPI- 1990	73.7	112	20.0	1.3	3.7	0.0	1.3	98	120	3.0	148	258.7	0.00	0.1	0	0	0	0.07	0.00	0.3	0	
GR007	Ikan bandeng, segar	DABM- 1964	74.0	123	20.0	4.8	0.0	0.0	1.2	20	150	2.0	67	271.1	0.00	0.9	45	21		0.05	0.10	6.0	0	
GR008	Ikan banjar, segar	KZGPI- 1990	73.5	111	19.4	0.9	4.8	0.0	1.4	68	278	7.3	99	338.7	0.20	0.6	0	62	0	0.03	0.20	7.3	0	
GR009	Ikan baronang, segar	KZGMI-2001	80.0	78	14.5	0.6	3.7	0.0	1.2	26	521	3.8	26	692.0	4.70	4.1	732	0		0.20	0.04	3.0	0	
GR010	Ikan batung, segar	KZGMI-2001	75.7	115	14.5	4.6	4.2	0.0	1.1		207	0.0	42	361.0	0.20	0.9		0		1.20	0.04	1.1		
GR011	Ikan baung, segar	KZGMI-2001	74.9	123	15.1	5.5	3.3	0.0	1.2	5	146	1.3	32	349.0	0.10	0.7		0		0.20	0.03	1.2		
GR012	Ikan bawal, segar	DABM- 1964	78.0	91	19.0	1.7	0.0	0.0	1.3	20	150	2.0	129	233.3	0.10	0.3	45	0		0.05	0.10	1.8	0	
GR013	Ikan belida, segar	KZGMI-2001	79.2	80	14.7	1.4	2.2	0.0	2.3	303	315	1.3	41	356.0	0.00	0.8		0		1.20	0.14	1.4		
GR014	Ikan beunteur, segar	DABM- 1964	70.0	109	17.0	4.0	0.0	0.0	9.0	500	500	1.0	109	323.5	0.60	1.3	45			0.05	0.10	2.6	0	
GR015	Ikan biawan, segar	KZGMI-2001	79.1	90	14.9	2.5	2.1	0.0	1.4	125	265	1.0	35	207.0	0.40	0.6				0.36	0.03	2.9		
GR016	Ikan bili, segar	KZGMI-2001	68.3	88	14.2	0.7	6.2	0.0	10.6	27	1760	1.5	217	202.0	0.00	4.1		0		0.72	0.09	2.7		
GR017	Ikan bubara, segar	KZGMI-2001	75.5	100	14.7	2.4	4.9		1.6	90	90	0.4	390	390.0	0.70	0.8								
GR018	Ikan bulan-bulan, segar	KZGMI-2001	66.7	134	25.5	1.3	5.0		1.5	29	29	0.5	197	489.0	0.10	0.5				0.30	0.02	0.8		
GR019	Ikan cakalang, segar	KZGMI-2001	73.0	107	19.6	0.7	5.5	0.0	1.2	23	242	2.9	66	239.0	0.20	0.6	386	0		0.17	0.05	21.7	0	
GR020	Ikan cakalang, hati, segar	KZGMI-2001	73.4	120	11.3	3.9	10.0		1.4	30	30	0.9	420	280.0	1.60	4.3						0.2		

4.7. IKAN, KERANG, UDANG DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
GR021	Ikan cakalang, jantung, segar	KZGMI-2001	76.3	116	11.2	1.2	10.2		1.1	10	40	3.4	360	250.0	0.50	1.9	908					0.1	0	
GR022	Ikan cakalang, perut, segar	KZGMI-2001	79.1	86	10.2	1.1	8.7		0.9	20	110	2.1	230	210.0	0.30	9.3				0.24		0.3		
GR023	Ikan daun, segar	KZGMI-2001	78.6	101	11.5	4.1	4.6	0.0	1.2	80	210	0.8	120	270.0	0.10	0.9	0			0.08	0.07	0.1	0	
GR024	Ikan ekor kuning, segar	KZGMI-2001	74.1	108	22.3	1.2	2.1	0.0	0.3	30	220	0.5	50	230.0	0.10	0.6	40	29		0.00	0.10	0.2		
GR025	Ikan gabus, segar	KZGMI-2001	79.6	80	16.2	0.5	2.6	0.0	1.1	170	139	0.1	65	254.0	0.30	0.4	335			0.40	0.20	0.1		
GR026	Ikan heu, segar	KZGMI-2001	75.6	81	10.0	1.6	6.6		6.2	1910	990	2.1	240	210.0	0.10	2.7				0.87		0.2		
GR027	Ikan hitam, segar	KZGMI-2001	78.2	101	10.3	3.7	6.7	0.0	1.1	50	140	0.4	70	210.0		0.4	67			0.00	0.10	0.1		
GR028	Ikan hiu, segar	KZGPI- 1990	85.7	57	10.7	0.3	2.2	0.0	1.1	75	206	2.0			0.02				0	0.05			0	
GR029	Ikan kacangan, segar	KZGPI- 1990	80.7	77	15.6	0.9	1.6	0.0	1.2	94	170	1.7					18		0	0.07			0	
GR030	Ikan kakap, segar	DABM- 1964	77.0	92	20.0	0.7	0.0	0.0	2.3	20	200	1.0					9			0.05			0	
GR031	Ikan kakatua, segar	KZGMI-2001	79.7	82	11.4	1.2	6.4		1.3	20	160	0.4	90	300.0	0.10	0.3	18					0.2		
GR032	Ikan kalaban, segar	KZGMI-2001	80.3	77	16.4	0.7	1.3	0.0	1.3	182	248	0.9	40	334.0	0.70	0.8				0.16	0.15	1.9		
GR033	Ikan kamera (kakap merah), segar	KZGMI-2001	78.5	86	19.7	0.8	0.0	0.0	1.3	50	170	0.3	90	290.0	0.30	0.1	26				0.08	0.1		
GR034	Ikan kapar, segar	KZGMI-2001	74.2	132	17.0	6.7	0.8	0.0	1.3	151	272	1.2	78	229.0	0.90	0.7				0.07	0.03			
GR035	Ikan kawalinya, segar	KZGMI-2001	76.1	110	12.6	4.2	5.4		1.7	80	300	1.5	340	300.0	0.20	1.4	146					0.2		
GR036	Ikan keru-keru, segar	KZGPI- 1990	77.2	93	16.5	2.1	0.8	0.0	3.4	65	217	2.4	137	255.3	0.34	0.7	0		0	0.01	0.09	1.6	0	55
GR037	Ikan kima, segar	KZGMI-2001	82.1	70	10.8	0.7	5.2		1.2	53	72	2.0	342	101.0	0.50	0.5	401			0.22	0.05	5.8		
GR038	Ikan lais, segar	KZGPI- 1990	65.0	161	11.9	11.5	2.4	0.0	9.2	70	237	0.0					0		0	0.05			0	62
GR039	Ikan layang, segar	DABM- 1964	74.0	109	22.0	1.7	0.0	0.0	2.3	50	150	2.0					45	0		0.05			0	80
GR040	Ikan layur, segar	KZGPI- 1990	80.1	82	18.0	1.0	0.4	0.0	0.5	48	229	2.2					4		0	0.04			0	49

4.7. IKAN, KERANG, UDANG DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
GR041	Ikan lehoma, segar	KZGMI-2001	77.6	90	20.4	0.9	0.0		1.1	88	270	0.7	56	281.0	0.30	0.9	1047			0.32	0.03	0.2		
GR042	Ikan lemuru, segar	DABM- 1964	76.0	112	20.0	3.0	0.0	0.0	1.0	20	100	1.0					30	0		0.05			0	80
GR043	Ikan lidah, segar	KZGPI- 1990	78.3	104	15.6	3.2	2.0	0.0	0.9	30	143	2.0					33		0	0.03			0	
GR044	Ikan malalugis, segar	KZGMI-2001	75.6	99	20.6	1.4	0.9		1.5	164	330	0.5	76	282.0	0.20	0.9	661			0.30	0.02	0.5		
GR045	Ikan mamar merah, segar	KZGMI-2001	75.0	115	15.3	4.0	4.4	0.0	1.3	60	190	1.6	120	240.0	0.20	1.0				0.20	0.10	0.1		
GR046	Ikan mas, segar	DABM- 1964	80.0	86	16.0	2.0	0.0	0.0	2.0	20	150	2.0	65	276.7	0.10	1.1	45	8		0.05	0.10	2.6	0	80
GR047	Ikan mayong, segar	KZGPI- 1990	78.2	97	17.9	2.0	0.4	0.0	1.5	40	100	2.5					21		0	0.10			0	89
GR048	Ikan mujahir, segar	KZGPI- 1990	79.7	89	18.7	1.0	0.0	0.0	1.1	96	209	1.5	51	265.8	0.00	0.2	6	3	5	0.03	0.10	2.0	0	80
GR049	Ikan nasu metti, segar	KZGMI-2001	65.3	154	16.8	5.0	10.5		2.4	80	244	1.6	421	488.0	0.20	1.2				0.47	0.15	9.6		
GR050	Ikan oci, kembung, segar	KZGMI-2001	71.4	125	21.3	3.4	2.2		1.7	136	69	0.8	214	245.0	0.20	1.1				0.26	0.03	0.2		80
GR051	Ikan paling, segar	DABM- 1964	58.0	303	14.0	27.0	0.0	0.0	1.0	20	200	1.0	43				485	0		0.10			2	100
GR052	Ikan papuyu/ betok, segar	KZGMI-2001	75.0	120	14.3	4.9	4.6	0.0	1.2	329	436	1.5	240	169.0	0.80	1.1		0		0.00	0.05	3.1		
GR053	Ikan patin, segar	KZGMI-2001	74.4	132	17.0	6.6	1.1	0.0	0.9	31	173	1.6	77	346.0	0.70	0.8		7		0.20	0.03	1.7		
GR054	Ikan pomo, segar	KZGMI-2001	68.3	147	22.5	5.2	2.6		1.4	80	230	1.3		380.0	0.20	0.7	89							
GR055	Ikan puntin, segar	KZGMI-2001	81.1	76	14.4	1.1	2.2		1.2	28	166	0.0		325.0	0.10	0.6				0.31	0.11			
GR056	Ikan saluang, segar	KZGMI-2001	74.8	113	13.9	4.9	3.4	0.0	3.0	642	646	1.9	51	182.0	0.80	3.6				0.21	0.02	1.8		89
GR057	Ikan sarden, segar	KZGMI-2001	72.7	109	19.9	1.8	3.4	0.0	2.2	95	597	1.3	266	227.0	0.30	2.0	195	0		0.26	0.03	4.4		
GR058	Ikan selar, segar	DABM- 1964	75.4	100	18.8	2.2	0.0	0.0	3.6	40	179	0.5	43	392.6	0.10	0.3	45	0		0.37	0.20	3.4	0	48
GR059	Ikan sepat, segar	KZGMI-2001	78.8	84	15.2	0.6	4.7	0.0	0.8	68	171	2.1	211	198.0	0.70	0.6		0		0.16	0.03	1.9		75
GR060	Ikan sidat, segar	KZGPI- 1990	71.3	81	11.4	1.9	3.8	0.0	11.6	118	174	3.0	46	245.9	0.00	1.5	15	0	0	0.00	0.40	3.2	0	100
GR061	Ikan sunu, segar	KZGMI-2001	75.5	111	13.3	3.4	6.7		1.1	86	174	1.2	91	197.0	0.00	0.6	309			1.03	0.10	0.2		70

4.7. IKAN, KERANG, UDANG DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
GR062	Ikan tahuman, segar	KZGMI-2001	77.4	88	15.9	0.9	4.1	0.0	1.8	221	223	0.0	24	364.0	0.40	0.7				0.20	0.25	1.6		
GR063	Ikan tarmon, segar	KZGMI-2001	76.7	96	19.5	1.1	2.0	0.0	0.8	9	129	0.3	43	154.0	0.10	0.5				0.15	0.02	1.7		
GR064	Ikan telan, segar	KZGMI-2001	75.3	95	15.8	0.7	6.5	0.0	1.7	503	354	0.2	58	294.0	1.60	1.2				0.18	0.02	1.9		
GR065	Ikan tembang, segar	DABM- 1964	65.0	204	16.0	15.0	0.0	0.0	4.0	20	200	2.0	341	291.0	0.40	2.6	30	0		0.05	0.00	5.6	0	80
GR066	Ikan tempahas, segar	KZGMI-2001	78.9	101	15.1	4.1	1.0	0.0	0.9	32	163	0.0	50	320.0	0.70	0.6				0.02	0.05	1.5		
GR067	Ikan terbang, segar	KZGMI-2001	76.1	98	19.6	1.7	1.0	0.0	1.6	90	190	0.6	90	320.0	0.10	0.5	39	0		0.00	0.10	0.1		
GR068	Ikan teri, segar	KZGPI- 1990	80.0	74	10.3	1.4	4.1	0.0	4.2	972	253	3.9	554	126.1	305.20	0.2	13	0	28	0.24	0.10	1.9	0	100
GR069	Ikan titang, segar	KZGMI-2001	78.8	82	17.4	0.4	2.3	0.0	1.1	145	130	1.8	110	275.0	0.10	0.8	581			0.64	0.03	1.5		
GR070	Ikan tongkol, segar	KZGMI-2001	74.7	100	13.7	1.5	8.0	0.0	2.1	92	606	1.7	202	227.0	0.20	1.6	181	0		0.35	0.03	6.6		100
GR071	Ikan turi, segar	KZGMI-2001	76.9	96	19.2	2.0	0.2		2.1	340	340	0.8	370	300.0	0.10	2.0	26							
GR072	Keong, segar	DABM- 1964	81.0	64	12.0	1.0	2.0	0.0	4.0	217	78	1.7	231		0.37	0.1	0	244						46
GR073	Kepiting, segar	DABM- 1964	68.1	151	13.8	3.8	14.1	0.0	0.2	210	250	1.1					61			0.05			0	45
GR074	Kerang, segar	KZGPI- 1990	78.2	101	14.4	2.6	3.9	0.0	0.9	321	270	15.6					0		0	0.01			0	100
GR075	Kodok, segar	DABM- 1964	81.9	73	16.4	0.3	0.0	0.0	1.4	18	147	1.1					0			0.14			0	65
GR076	Kura-kura, segar	DABM- 1964	80.0	83	19.1	0.2	0.0	0.0	0.7	27	87	0.7					0			0.20			0	70
GR077	Kuro, segar	KZGPI- 1990	79.9	87	16.0	2.2	1.0	0.0	0.9	75	136	1.0					6		0	0.04			0	52
GR078	Lokan, segar	KZGMI-2001	80.9	217	11.0	1.7	5.1		1.3	20	390	10.9	3	7.0	0.20	2.7				0.45	0.07			
GR079	Rajungan, segar	KZGMI-2001	80.2	76	12.1	2.0	2.4	0.0	2.7	721	214	2.2	69	192.0	1.70	2.9	599	40		0.20	0.25	0.2		
GR080	Rebon, udang kecil, segar	DABM- 1964	79.0	81	16.2	1.2	0.7	0.0	2.9	757	292	2.2	169	202.9	0.70	1.2	18	0		0.04	0.10	2.4	0	100
GR081	Rusip	KZGPI- 1990	58.5	110	11.5	2.0	11.7	0.0	16.3	479	348	7.1					0		0	0.04			0	100
GR082	Udang galah, segar	KZGMI-2001	79.0	81	16.5	0.3	3.0	0.0	1.2	87	167	0.7	95	132.0	0.70	1.2		3		0.24	0.03	2.9		68
GR083	Udang, besar, segar	KZGMI-2001	85.5	56	11.4	0.6	1.2	0.0	1.3	30	20	0.3	190	210.0	0.40	0.8		0		0.14	0.00	0.1		68

4.7. IKAN, KERANG, UDANG DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
GR084	Udang, segar	DABM- 1964	75.0	91	21.0	0.2	0.1	0.0	3.7	136	170	8.0	178	222.4	0.30	1.3	18	4		0.01	0.4	3.7	0	68
OLAHAN/PRODUK/KOMPOSIT																								
GP001	Bekicot, dendeng, mentah	KZGPI- 1990	6.7	441	48.7	20.3	15.8	0.0	8.4	692	523	16.6					6		1408	0.56			69	100
GP002	Belut, goreng	KZGPI- 1990	11.2	417	25.9	19.4	32.0	0.0	11.5	840	872	4.9	71	217.7	0.30	1.8	0		0	0.00	0.20	10.5	0	
GP003	Cumi-cumi, goreng	KZGPI- 1990	54.2	265	40.6	10.1	0.0	0.0	3.1	62	270	2.7	86	81.9			0	56	0	0.09	0.00	6.3	0	
GP004	Ikan asin, kering	DABM- 1964	40.0	193	42.0	1.5	0.0	0.0	16.5	200	300	0.0								0.01			0	70
GP005	Ikan bandeng presto, masakan	KZGPI- 1990	45.3	296	17.1	20.3	11.3	0.0	6.0	1422	659	1.9					6	0	400	0.14			69	100
GP006	Ikan baung bakar	KZGMI-2001	69.8	144	17.8	5.8	5.2		1.4	18	169	0.0	168	236.0	0.10	0.7				0.00	0.00	1.3		
GP007	Ikan belida bakar	KZGMI-2001	68.2	128	18.0	3.0	7.2	0.0	3.6	58	134	0.0	293	198.0	0.10	0.4		0		1.80	0.17	1.5		
GP008	Ikan cakalang asap, mentah	KZGMI-2001	56.9	204	34.2	5.6	1.9		1.4	14	399	1.3	176	588.0	0.30	0.7	1546			0.53	0.07			70
GP009	Ikan cakalang asin, mentah	KZGPI- 1990	41.7	198	36.5	2.2	5.5	0.0	14.1	236	346	3.7	4304	302.1			0		0	0.06			0	70
GP010	Ikan calo/ peda, mentah	KZGPI- 1990	71.3	81	11.4	1.9	3.8	0.0	11.6	743	174	22.6					15		0	0.00			0	100
GP011	Ikan gabus asap, mentah	KZGMI-2001	26.4	261	38.1	2.3	21.9	0.0	11.3	2510	1840	2.9	320	410.0	0.40	0.8	114			0.10	0.10	14.5		80
GP012	Ikan gabus, kering	DABM- 1964	24.0	268	58.0	4.0	0.0	0.0	14.0	15	100	0.1					30			0.10			0	80
GP013	Ikan gete, goreng	KZGMI-2001	44.7	267	23.1	19.4	0.2		12.6	2340	1240	0.8	590	440.0	0.10	1.9						0.2		
GP014	Ikan hiu, kering	KZGMI-2001	23.1	298	46.3	3.6	20.2		6.8	335	846	2.5	957	1457.0	0.50	2.0	661			0.84	0.11	22.5		
GP015	Ikan katombo, asin	KZGPI- 1990	44.7	162	31.7	2.8	0.3	0.0	15.5	279	609	4.6	4393	342.2	2.80		0		0	0.09			0	70
GP016	Ikan kayu, kering	KZGMI-2001	23.1	302	70.7	1.9	0.4	0.0	3.9	313	22	4.1	345	1045.0		1.8				1.4	0.04	20.0		
GP017	Ikan Lais bakar	KZGMI-2001	69.4	147	17.5	6.5	5.4		1.2	54	194	0.1	142	209.0		0.5								
GP018	Ikan lomak asin, mentah	KZGMI-2001	21.6	258	40.3	2.3	18.9	0.0	16.9	140	279	2.3	6227	485.1	2.30					0.10	0.30	6.0		
GP019	Ikan Mas pepes	KZGPI- 1990	57.5	209	15.2	11.3	11.8	0.5	4.3	686	530	6.1	74	276.7	0.10	1.9	3		315	0.13	0.10	2.4	0	100

4.7. IKAN, KERANG, UDANG DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
GP020	Ikan mujahir goreng	KZGPI- 1990	44.7	416	46.9	23.9	0.0	0.0	2.2	346	654	0.9	54	278.9	0.00	0.2	12	3	8	0.12	0.10	2.2	0	100
GP021	Ikan mujahir pepes	KZGPI- 1990	73.7	121	21.7	2.8	0.8	0.0	1.0	83	248	1.6	58	265.8	0.00	0.3	8		6	0.00	0.10	1.9	0	100
GP022	Ikan mujahir, dendeng, mentah	KZGPI- 1990	15.2	582	68.3	15.2	37.2	0.0	14.1	3258	1699	4.3					15		20	0.27			0	100
GP023	Ikan papuyu, bakar	KZGMI-2001	66.6	152	17.6	6.1	6.7	0.0	3.0	244	227	3.4	320	224.0	0.20	1.0								
GP024	Ikan patin, bakar	KZGMI-2001	70.3	144	17.5	6.3	4.3		1.6	191	232	1.4	379	230.0	0.10	0.7								
GP025	Ikan peda banjar, mentah	DABM- 1964	46.0	156	28.0	4.0	2.0	0.0	20.0	174	316	3.1	59	368.8	0.00	0.5	33	4		0.10	0.10	4.7		90
GP026	Ikan pepetek, mentah	DABM-60/64	33.0	176	32.0	4.4	2.0	0.0	28.6	120	200	1.0	79	1.0			15			0.05	0.10	2.4	0	
GP027	Ikan pindang banjar, mentah	DABM-60/64	59.0	157	28.0	4.2	1.8	0.0	7.0	50	100	1.0					45			0.10			0	
GP028	Ikan pindang benggol, mentah	DABM-60/64	57.0	170	31.0	4.2	0.0	0.0	7.8	50	100	1.0					45			0.10			0	
GP029	Ikan pindang layang, mentah	DABM-60/64	60.0	153	30.0	2.8	0.0	0.0	7.2	60	200	3.0					61			0.07			0	
GP030	Ikan pindang selar, mentah	DABM-60/64	60.0	142	27.0	3.0	0.0	0.0	10.0	60	200	3.0					61			0.07			0	
GP031	Ikan sale, mentah	BKP	8.5	534	40.2	39.3	4.9	2.0	7.1	199	1244	2.7	673	673.0	0.30	2.6		410	0	0.02	0.5	0.0	0	100
GP032	Ikan sale lais, mentah	KZGPI- 1990	12.4	415	61.3	17.6	2.9	0.0	5.8	258	919	7.0	381	488.0	17.60	1.0	0		0	0.03	0.1	17.3	0	
GP033	Ikan saluang, kering, mentah	KZGMI-2001	33.6	284	34.1	9.9	14.6	0.0	7.8	1426	1103	9.5	1767	263.0	1.30	18.7				0.49	0.03			
GP034	Ikan sanggang, masakan	KZGMI-2001	42.6	240	21.7	7.7	20.7		7.3	159	362	9.8	2041	159.0	1.50	8.8				0.51	0.02			
GP035	Ikan selar kuning, cue, mentah	DABM- 1964	59.0	138	27.0	3.3	0.0	0.0	0.7	50	100	2.0					45			0.10			0	90
GP036	Ikan selar, kering, mentah	DABM-60/64	43.0	194	38.0	3.5	0.0	0.0	15.5	20	200	1.0					0	0		0.01			0	
GP037	Ikan sepat, kering, mentah	DABM-60/64	30.0	289	38.0	14.0	0.0	0.0	18.0	40	100	0.7					0	0		0.00			0	
GP038	Ikan sunu, asin, mentah	KZGMI-2001	34.7	199	34.1	3.8	7.1		20.3	94	92	2.2	377	57.0	0.10	3.2	2481			1.50	0.13	7.2		

4.7. IKAN, KERANG, UDANG DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
GP039	Ikan, tepung, mentah	KZGPI- 1990	4.3	316	60.1	6.5	22.4	0.0	6.7	3196	1976	16.6					320	0	0	0.00			0	
GP040	Ikan teri nasi, kering, mentah	DABM-60/64	34.5	144	32.5	0.6	0.0	0.0	32.4	1000	1000	3.0	312				61			0.10			0	
GP041	Ikan teri, bubuk, mentah	DABM-60/64	15.0	277	60.0	2.3	1.8	0.0	20.9	1209	1225	3.0					90			0.10			0	
GP042	Ikan teri, kering, mentah	DABM-60/64	37.8	170	33.4	3.0	0.0	0.0	25.8	1200	1500	3.6					64			0.15			0	
GP043	Ikan teri, kering, tawar, mentah	DABM-60/64	16.7	331	68.7	4.2	0.0	0.0	10.4	2381	1500	23.4					61			0.10			0	
GP044	Ikan teri, tepung, mentah	KZGPI- 1990	5.2	347	48.8	6.4	19.6	0.0	20.0	4608	1200	18.6					61	0	130	1.12			0	
GP045	Kerang, asap, mentah	KZGMI-2001	9.3	393	38.9	13.3	29.4		9.1	420	410	8.5	160	50.0	0.60	3.7				0.30	1.70	0.2		100
GP046	Kerang, dendeng, mentah	KZGPI- 1990	18.3	357	41.1	10.0	25.6	0.0	5.0	217	904	5.2					0		329	0.27			0	100
GP047	Rebon, kering, mentah	DABM-60/64	21.6	299	59.4	3.6	3.2	0.0	12.2	2306	625	21.4					0	0		0.06			0	
GP048	Rebung laut, mentah	KZGMI-2001	18.2	320	7.2	4.2	63.3		7.1	240	570	6.6	20	1040.0	1.50	6.2	917			0.00	0.00	4.9		
GP049	Sardines dalam kaleng	DABM-60/64	47.1	338	21.1	27.0	1.0	0.0	3.8	354	434	3.5					76	0		0.10			0	
GP050	Teripang, dendeng, mentah	KZGPI- 1990	12.5	462	39.1	32.4	3.5	0.0	12.5	499	616	96.4	315	402.5			2	0	144	1.37	0.00	5.3	0	100
GP051	Udang kering, mentah	KZGMI-2001	14.9	278	62.6	4.1	2.2		16.2	760	510	5.2	540	360.0	2.40	3.2	39					0.1		
GP052	Udang papay, mentah	KZGMI-2001	24.5	273	47.8	3.8	12.5		11.5	1109	789	2.4	651	802.0	2.60	10.8								
GP053	Abon haruwan	KZGMI-2001	11.6	513	23.7	37.0	21.3		6.4	25	25	0.5	61	15.0	0.00	0.2								100
GP054	Abon ikan	KZGMI-2001	6.4	435	27.2	20.2	36.1		10.1												0.80	24.3		100
GP055	Betok wadi, masakan	KZGMI-2001	69.2	145	16.3	7.0	4.1		3.4	405	523	1.8	69	203.0	1.00	1.3				0.22				
GP056	Bou ninahu ndamate, masakan	KZGMI-2001	79.5	79	16.3	1.0	1.1		2.1				67				691			0.10	0.00	0.1		

4.7. IKAN, KERANG, UDANG DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
GP057	Bouiki ninahu nggaluku, masakan	KZGMI-2001	73.9	94	7.8	2.2	10.8		5.3				58	179.4		1.5				0.50	0.03	2.4		
GP058	Cakalang asar (asap)	KZGMI-2001	64.3	155	20.1	3.8	10.2		1.6	20	240	2.1	90	390.0	0.30	0.1	86				0.70	0.2		
GP059	Dendeng belut, goreng, masakan	KZGPI- 1990	8.2	382	55.7	14.1	8.0	0.0	14.0	1069	654	15.4					28		1,480	0.48			0	
GP060	Dendeng mujahir, goreng, masakan	KZGPI- 1990	6.5	598	74.3	26.9	9.2	0.0	13.1	1957	1447	7.4					18		25	0.19			0	
GP061	*Fillet o-fish*	KZGMS-1993	51.0	270	12.3	15.9	19.3	0.2	1.5	239	272	1.8	439				34		580	0.59			0	
GP062	Gete kuah asam, masakan	KZGMI-2001	80.1	75	8.2	2.0	6.0		3.8	1620	880	0.8	260	150.0	0.10	1.5						0.1		
GP063	Gulai asam keueung, masakan	KZGMI-2001	86.0	52	10.0	0.5	1.8		1.7	62	102	0.3	332	141.0	0.00	1.0				0.18	0.34			
GP065	Gulai ikan, masakan	KZGMS-1993	75.7	106	16.5	3.3	2.5		2.0	306	196	4.8	743				86		2760	0.32			0	
GP064	Gulai ikan paya, masakan	KZGMI-2001	72.1	148	10.0	9.8	5.0		3.1	103	82	0.7	525	256.0	0.10	0.9				0.26	0.02			
GP066	Gulai keumamah, masakan	KGZMI-2001	81.4	110	5.9	8.2	3.2		1.3	32	96	1.0	335	121.0	0.20	0.9				0.33	0.04			100
GP067	Gulai tiram, masakan	KZGMI-2001	73.1	132	9.0	7.2	7.8		2.9	53	134	3.7	285	133.0	1.10	0.7	389			0.29	0.12			
GP068	Gurame asem manis, masakan	KZGPI- 1990	63.1	192	12.7	10.1	12.7	0.0	2.4	283	169	1.1					19		1440	0.10			0	
GP069	Ikan asar merah, masakan	KZGMI-2001	69.2	146	17.7	5.9	5.6		1.6	100	240	4.0	170	310.0	0.30	1.4	224	0						
GP070	Jambal goreng, masakan	KZGMS-1993	13.4	286	48.5	9.2	2.3		26.6	207	457	3.3					109		160	0.40		3.1	0	
GP071	Jukku pallu kaloa, masakan	KZGMI-2001	69.4	15	15.2	4.3	8.8		2.3	40	170	1.1	605	153.0	0.60	1.1				0.30	0.14	7.5		
GP072	Kaholeo, masakan	KZGMI-2001	11.2	413	28.7	19.8	29.8		10.5	909	1291	0.0	0	1171.0	0.10	3.1	4236			1.34	0.03	5.7		
GP073	Lawara penjah	KZGMI-2001	64.5	207	7.4	15.4	9.6		2.9	114	219	5.9	683	117.0	0.50	0.7	0	38		0.19	0.04		14	100
GP074	Model, masakan	KZGMI-2001	83.9	79	2.2	4.0	8.6		1.3	8	33	0.8	147	34.0	0.10	0.5				0.16	0.02			

4.7. IKAN, KERANG, UDANG DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
GP075	Mujahir acar kuning, masakan	KZGPI- 1990	43.1	330	17.8	23.4	12.1	1.1	4.6	154	357	5.3					24		4130	0.15			0	
GP076	Parede baleh, masakan	KZGMI-2001	80.0	87	10.5	2.5	5.5		1.5	35	215	0.9	416	59.0	0.10	0.2				0.24	0.00	0.7		
GP077	Pempek adaan, masakan	KZGMI-2001	62.6	162	4.9	3.0	27.8		1.7	26	116	1.0	488	119.0	0.10	0.2				0.30	0.03	1.0		
GP078	Pempek belida, masakan	KZGPI- 1990	61.4	156	4.2	1.4	31.6	0.2	1.4	100	55	3.3					0		0	0.03			0	
GP079	Pempek kapal selam, masakan	KZGMI-2001	63.4	152	4.5	2.3	28.2		1.6	19	115	1.6	628	91.0	0.10	0.2				0.2	0.03	1.0		
GP080	Pempek kelesan, masakan	KZGPI- 1990	53.0	211	12.3	6.1	26.6	0.4	2.0	840	176	1.8					14		888	0.25			0	
GP081	Pempek kulit, masakan	KZGMI-2001	45.7	243	5.2	7.3	39.1		2.7	16	96	2.0	555	102.0	0.10	0.6				0.20	0.02	0.9		
GP082	Pempek telur, masakan	KZGMI-2001	62.4	156	4.7	2.7	28.3		1.9	13	83	1.3	448	48.0	0.10	0.6				0.20	0.05	1.1		
GP083	Pempek tenggiri, masakan	KZGPI- 1990	56.3	173	7.2	1.2	33.4	0.2	1.9	164	80	3.1					0		0	0.02			0	
GP084	Pencok lele, masakan	KZGPI- 1990	47.5	372	7.8	36.3	3.5	0.0	4.9	289	295	5.3					64	0	12070	0.12			0	
GP085	Pinda	KZGMI-2001	71.0	107	15.9	0.6	0.4		3.1	375	336	1.9	526	330.0	0.20	1.0	896			0.89	0.05	0.5		
GP086	Pindang kenari, masakan	KZGMI-2001	80.1	124	9.5	9.6	0.0		2.8	120	220	1.3	370	270.0	0.30	1.2	18	381				0.1		
GP087	Saboko gurita, masakan	KZGMI-2001	76.2	87	15.7	1.5	2.6		4.1	60	14	2.1	200	180.0	0.90	4.0	38							
GP088	Saboko saltan, masakan	KZGMI-2001	76.0	113	17.1	3.6	3.0		0.3	240	60	0.5	40	350.0	0.20	0.6	27					0.1		
GP089	Saboko sardin, masakan	KZGMI-2001	70.0	110	12.9	4.3	4.9		7.9	220	520	6.0	200	280.0	0.20	3.9	37							
GP090	Sate bandeng	BKP	47.1	283	12.1	16.8	20.9	2.0	3.1	118	186	1.2	543	199.0	0.20	0.9		2	0	0.02	0.02	0.0	0	82.4
GP091	Sepi, masakan	KZGMI-2001	66.1	88	7.9	1.6	10.6		13.8	924	350	2.3	873	258.0	1.00	1.1	783							
GP092	Tekwan, masakan	KZGMI-2001	86.7	53	1.9	0.9	9.4		1.1	9	41	1.0	174	42.0	0.00	0.00	99			0.10	0.02	0.4		
GP093	Teri belado, masakan	KZGPI- 1990	25.8	365	23.7	22.3	17.5	0.0	10.9	869	348	4.0					27		1567	0.13			0	

4.7. IKAN, KERANG, UDANG DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
GP094	Tumis bandeng, masakan	KZGMI-2001	70.5	189	11.3	15.7	0.6		1.9	56	129	0.4	314	280.0	0.10	0.7	579			0.46	0.02			
GP095	Tumis keumamah	KGZMI-2001	45.7	300	14.5	20.0	15.5	4.5	4.3									8		0.63	0.04		7	100

4.8. TELUR DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
TUNGGAL/SINGLE																								
HR001	Telur ayam kampung, segar	KZGMI-2001	73.1	174	10.8	14.0	1.2	0.0	0.9	68	268	4.9	190	141.0	0.60	1.5	203	23	125	0.78	0.62	0.2		87
HR002	Telur ayam ras, segar	KZGPI-1990	74.3	154	12.4	10.8	0.7	0.0	0.8	86	258	3.0	142	118.5	0.16	1.0	61	22	104	0.12	0.38	0.2	0	89
HR003	Telur ayam ras, bagian kuning, segar	DABM-1964	49.4	355	16.3	31.9	0.7	0.0	1.7	147	586	7.2	111	107.5	0.20	2.5	606	63		0.27	0.51	0.2	0	100
HR004	Telur ayam ras, bagian putih, segar	DABM-1964	87.8	50	10.8	0.0	0.8	0.0	0.6	6	17	0.2	164	138.5	0.03	0.4	0	0		0.00	0.26	0.4	0	100
HR005	Telur bebek alabio, segar	KZGMI-2001	70.0	187	11.8	14.2	3.0	0.0	1.0	60	268	6.0	115	80.0	0.60	1.7	180	437		1.55	0.37	0.1		90
HR006	Telur bebek, bagian kuning, segar	DABM-1964	47.0	386	17.0	35.0	0.8	0.0	0.2	150	400	7.0	106	90.7	0.09	2.5	870	747		0.6	0.68	1.4	0	100
HR007	Telur bebek, bagian putih, segar	DABM-1964	88.0	54	11.0	0.0	0.8	0.0	0.2	21	20	0.1	184	150.2	0.13	0.1	0	0		0.01	0.02	0.1	0	100
HR008	Telur bebek tambak, segar	KZGMI-2001	67.7	187	10.9	12.4	7.9	0.0	1.1	64	295	5.4	209	146.0	0.40	1.8	378	471	375	1.62	0.03	0.1		90
HR009	Telur burung maleo, segar	KZGMI-2001	36.0	436	26.5	36.3	0.4		0.8	154	120	4.3	77	333.0	0.40	2.9	3987				1.00	0.2		
HR010	Telur penyu, segar	KZGMI-2001	77.4	136	8.6	10.1	2.7	0.0	1.2	66	282	3.4	478	115.0	0.50	1.4	82	17		0.21	0.02	0.0	0	90
HR011	Telur burung puyuh, segar	FCTEA-1972	79.8	116	10.7	7.0	1.6	0.0	0.9	65	191	3.5	111	11.0	0.05	1.2	95	80		0.13	0.65	0.1	0	100
OLAHAN/PRODUK/KOMPOSIT																								
HP001	Telur ayam, dadar, masakan	KZGPI-1990	61.9	251	16.3	19.4	1.4	0.0	1.0	62	250	2.5					36		221	0.21	0.00		0	100
HP002	Telur bebek, asin, mentah	DABM-60/64	66.5	179	13.6	13.3	4.4	0.0	2.2	120	157	1.8	483	140.1			253	13		0.28	0.98	0.6	0	83
HP003	Telur bebek, dadar, masakan	KZGPI-1990	55.1	301	20.0	23.7	0.0	0.0	1.2	71	600	9.2					122		613	0.35			0	100
HP004	Ikan, telur, asin, mentah	KZGMI-2001	37.8	358	20.7	26.4	9.4	0.0	5.7	48	311	15.1	2684	59.0	0.40	3.0	1866	0		0.21	0.54	2.1		100
HP005	Bayau mi balu, masakan	KGZMI-2001	36.1	313	6.0	12.2	44.8		0.9								783	89		0.14	0.27	9.7		100

4.8. TELUR DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
HP006	Cucuru bayau, masakan	KGZMI-2001	35.0	349	6.8	18.7	38.3		1.2									123		0.06	0.25	0.0		100
HP007	Kalio telur, masakan	KZGMS-1993	65.9	193	10.6	12.4	9.7		1.4	148	246	3.8	540				160		3600	0.44			0	100

4.9. SUSU DAN HASIL OLAHANNYA

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
TUNGGAL/SINGLE																								
JR001	Kepala susu - krim, segar	DABM-1964	72.5	204	2.6	20.0	4.0	0.0	0.9	97	77	0.1					252	191		0.03	0.20	0.1	1	100
JR002	Susu ibu - ASI	FCTEA-1972	88.1	62	1.5	3.2	7.0	0.0	0.2	34	20	0.2	15	41.0	0.01	0.4		7		0.01	0.03	0.2		100
JR003	Susu kambing, segar	DABM-1964	85.9	64	4.3	2.3	6.6	0.0	0.9	98	78	2.7	35	160.0	0.33	0.1	38	0		0.06	0.45	0.3	1	100
JR004	Susu kerbau, segar	DABM-1964	73.8	160	6.3	12.0	7.1		0.8	216	101	0.2	82			0.3	24			0.04	0.07		1	100
JR005	Susu kuda, segar	FCTEA-1972	91.0	40	2.0	1.1	5.4	0.0	0.4					37.4	0.00	0.0		1		0.00	0.20	0.2		100
JR006	Susu sapi, segar	DABM-1964	88.3	61	3.2	3.5	4.3	0.0	0.7	143	60	1.7	36	149.0	0.02	0.3	39	12		0.03	0.18	0.2	1	100
OLAHAN/PRODUK/KOMPOSIT																								
JP001	Es krim	DABM-1964	62.1	210	4.0	12.5	20.6	0.0	0.8	123	99	0.1	78	193.4	0.00	0.7	158	0		0.04	0.23	0.1	1	100
JP002	Hangop	DABM-1964	84.0	65	10.0	1.0	3.5	0.0	1.5	180	190	0.2	126	374.4	0.00			22		0.03	0.43	0.2		100
JP003	Keju	DABM-1964	38.5	326	22.8	20.3	13.1	0.0	5.3	777	338	1.5	1410	82.7	0.03	3.1	227	128		0.01	0.37	0.1	1	100
JP004	*Kwark (quark)*	DABM-1964	59.0	242	19.0	17.0	3.0	0.0	2.0	300	350	0.5	37	72.7	0.01	0.2	173	0		0.03	0.38	0.0		100
JP005	Susu asam untuk bayi, bubuk	DABM-1964	2.5	418	19.0	9.0	65.5	0.0	4.0	800	600	7.0	188	486.5	0.00	0.0	303	83		1.00	1.31	0.7	30	100
JP006	Susu bubuk	DABM-1964	3.5	513	24.6	30.0	36.2	0.0	5.7	904	694	0.6	380	1330.0	0.02	4.1	476	118		0.29	1.39	1.6	6	100
JP007	Susu kental manis	DABM-1964	25.0	343	8.2	10.0	55.0	0.0	1.8	275	209	0.2	150	320.0	0.02	1.0	155	46		0.05	0.43	0.4	1	100
JP008	Susu kental tak manis	DABM-1964	73.7	138	7.0	7.9	9.9		1.5	243	195	0.2	140	303.0			121			0.05		0.0	1	100
JP009	Susu skim, bubuk	DABM-1964	3.5	359	35.6	1.0	52.0	0.0	7.9	1300	1030	0.6	470	1745.0	0.04	4.1		10		0.35	1.05	1.2	7	100
JP010	Susu skim, segar	DABM-1964	90.5	36	3.5	0.1	5.1		0.8	123	97	0.1	38				0			0.04			1	100
JP011	Yoghurt, segar	DABM-1964	88.0	52	3.3	2.5	4.0	0.0	2.2	120	90	0.1	40	299.0	0.01	0.6	22	10		0.04	0.10	0.2	0	100

4.10. LEMAK DAN MINYAK

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
TUNGGAL/SINGLE																								
KR001	Kelapa setengah tua, daging, segar	DABM-1964	70.0	180	4.0	15.0	10.0	2.4	1.0	8	55	1.3	4	317.7	0.29	2.9		0	10	0.05	0.01	0.11	4	53
KR002	Kelapa tua, daging, segar	DABM-1964	46.9	359	3.4	34.7	14.0	4.7	1.0	21	98	2.0	3	293.9	0.44	1.1	0	0		0.10	0.00	0.00	2	53
KR003	Lemak babi (*lard*)	DABM-1964	0.0	902	0.0	100.0	0.0	0.0	0.0	0	0	0.0	0	0.0	9.00	0.1	0	0		0.00	0.00	0.00	0	100
KR004	Lemak babi (*bacon*)	DABM-1964	20.0	626	9.1	65.0	1.1	0.0	4.8	13	108	0.8	0	0.0	0.00	0.9	0	0		0.38	0.00	0.00	0	100
KR005	Lemak ikan	KZGMI-2001	43.3	372	12.0	29.4	14.4	0.0	0.3	20	230	32.7	60	52.0	0.40	1.1				0.49	0.13			100
KR006	Lemak kerbau (lemak sapi)	DABM-1964	5.0	818	1.5	90.0	0.0	0.0	3.5	0	0	0.0	29	25.8	0.00	0.0	0	283		0.00	0.00	0.70	0	100
KR007	Minyak hiu, hati	DABM-1964	0.0	902	0.0	100.0	0.0	0.0	0.0	0	0	0.0	0	0.0	0.00	0.0	21212	0		0.00	0.00	0.00	0	100
KR008	Minyak ikan	DABM-1964	0.0	902	0.0	100.0	0.0	0.0	0.0	0	0	0.0	0	0.0	0.00	0.0	24242	0		0.00	0.00	0.00	0	100
KR009	Minyak kacang tanah	DABM-1964	0.0	902	0.0	100.0	0.0	0.0	0.0	0	0	0.0	0	0.0	0.00	0.0	0	0		0.00	0.00	0.00	0	100
KR010	Minyak kedelai	FCTEA-1972	0.1	883	0.0	99.9	0.0	0.0	0.0	0	0	0.0	0	0.1	0.00	0.0	0	0		0.00	0.00	0.00	0	100
KR011	Minyak kelapa	DABM-1964	0.0	870	1.0	98.0	0.0	0.0	1.0	0	0	0.0	0	0.0	0.00	0.0	0	0		0.00	0.00	0.00	0	100
KR012	Minyak kelapa sawit	DABM-1964	0.0	884	0.0	100.0	0.0	0.0	0.0	0	0	0.0	0	0.0	0.00	0.0		18181		0.00	0.00	0.00	0	100
KR013	Minyak wijen	FCTEA-1972	0.1	881	0.2	99.7	0.0	0.0	0.0	10	5	0.1	2	20.0	0.00	0.0	0	0		0.01	0.07	0.10	0	100
KR014	Minyak zaitun	DABM- 1964	0.0	884	0.0	100.0	0.0	0.0	0.0	14	0	1.2	7	0.0	0.00	0.0		0		0.00	0.00	5.00		100
OLAHAN/PRODUK/KOMPOSIT																								
KP001	Margarin	DABM-1964	15.5	720	0.6	81.0	0.4	0.0	2.5	20	16	0.0	760	25.9	0.00	0.0	606	633		0.00	0.00	0.0	0	100
KP002	Mentega	DABM- 1964	16.0	742	0.5	81.6	1.4	0.0	1.9	15	16	1.1	653	103.0	0.00	0.4	1000	155		0.00	0.10	0.0		100
KP003	Santan (dengan air)	DABM-1964	80.0	122	2.0	10.0	7.6	1.4	0.4	25	30	0.1	9	162.4	0.16	0.4	0			0.02	0.00	0.5	2	100
KP004	Santan murni	DABM-1964	54.9	324	4.2	34.3	5.6	0.0	1.0	14	45	1.9	18	514.1	0.37	0.9	0	0		0.02	0.00	0.5	2	100

4.11. GULA, SIRUP DAN KONFEKSIONERI

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
MP001	Coklat manis, batang	DABM- 1964	1.4	527	2.0	29.8	62.7	6.5	4.1	63	287	2.8	6	499.5	0.00	0.0			30	0.03	0.02	0.0	0	100
MP002	Coklat pahit, batang	DABM- 1964	2.3	615	5.5	52.9	29.2	10.8	10.1	98	446	4.4	20	708.3	1.70	3.3		2	60	0.05	0.08	1.0	0	100
MP003	Coklat susu, batang	DABM- 1964	1.0	565	9.0	35.0	53.6	3.4	1.4	200	200	2.0	100	405.5	0.49	2.3		54	30	0.08	0.45	0.5	0	100
MP004	Coklat bubuk	DABM- 1964	3.9	311	8.0	23.8	48.9	32.6	15.4	125	715	11.6							30	0.12		0.6		
MP005	Gula aren	DABM- 1964	7.0	368	0.0	0.0	92.0	0.0	1.0	75	35	3.0	15	390.4	0.04	26.4	0	0		0.00	0.01	0.5	0	100
MP006	Gula kelapa	DABM- 1964	10.0	386	3.0	10.0	76.0	0.0	1.0	76	37	2.6	2	0.0	0.00	0.0	0	0		0.00	0.34	0.5	0	100
MP007	Gula putih	DABM- 1964	5.4	394	0.0	0.0	94.0	0.0	0.6	5	1	0.1	1	4.75	0.00	0.0	0	0		0.00	0.00	0.0	0	100
MP008	Jam, selai	DABM- 1964	34.0	239	0.5	0.6	64.5	1.0	0.4	20	20	1.0	30	73.1	0.09	0.0	0	0		0.01	0.07	0.0	0	100
MP009	Kopi bubuk instan	FCTEA-1972	2.6	129	12.3	0.5	35.0	0.0	9.7	179	383	5.6	72	3256.0	0.14	0.0		0	0	0.00	0.21	30.6	0	100
MP010	Madu	DABM- 1964	20.0	294	0.3	0.0	79.5	0.2	0.2	5	16	0.9	6	26.9	0.04	0.2	0	0		0.00	0.04	0.1	4	100
MP011	Markisa *squash*	KZGMI-2001	46.7	217	2.5	1.0	49.6		0.2	6	83	0.6	14	65.0	0.00	0.1		23	75	0.07	0.02	0.0	14	
MP012	Markisa *squash*, BD	KZGMI-2001	74.4	104	1.2	0.5	23.7		0.2	1	88	0.5	40	40.0	0.00	0.1		7	40	0.20	0.02	0.0	12	
MP013	Melase	DABM- 1964	21.2	276		0.1	71.0	0.0	7.7	6	83	0.6	14		0.00	0.3	0	0		0.04			0	100
MP014	Sirup	DABM- 1964	44.0	213	0.0	0.0	55.0	0.0	1.0	0	0	0.0	3	4.2				0		0.00	0.00	0.0		100
MP015	Sirup pirous	KZGMI-2001	43.3	228	0.2	0.4	55.9	0.0	0.2	470	93	29.5	3	4.2				0	0	0.00	0.00	0.0	8	
MP016	Teh hijau daun kering	FCTEA-1972	7.7	300	28.3	4.8	53.6	9.6	5.6	245	415	18.9	60	5873.9	0.50	0.0		8400		0.38	1.24	4.6	230	100
MP017	Teh hitam daun kering	FCTEA-1972	8.0	293	24.5	2.8	58.8	8.7	5.9	327	313	24.3	50	5854.8	0.00	0.0	0	2700		0.07	0.8	7.6	9	100
MP018	Teh melati daun kering	FCTEA-1972	8.1	299	24.1	3.5	59.0	9.7	5.3	320	185	31.6	70	5848.4	0.53	0.0	0	8400		0.07	0.79	7.3	85	100

4.12. BUMBU

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
TUNGGAL/SINGLE																								
NR001	Asam arang coklat, segar	KZGPI- 1990	66.1	130	0.5	1.1	30.9	1.5	1.4	79	113	4.3	13					745	0	0.01	0.20	0.0	0	
NR002	Asam arang merah, segar	KZGPI- 1990	75.9	99	0.8	1.6	20.3	2.8	1.4	69	300	4.6	2	96.0		0.1		529	0	0.01	0.4	1.6	0	
NR003	Asan kandis, kering	KZGPI- 1990	32.2	261	0.9	1.6	63.3	5.0	2.0	192	657	4.4	26	341.0	0.40	0.3		0	0	0.00	0.00	0.4	0	100
NR004	Asam kandis, segar	KZGPI- 1990	81.5	75	0.2	1.1	16.1	3.4	1.1	63	139	2.5	93	93.2	0.10	0.1		41	0	0.01	0.00	0.1	0	
NR005	Asam masak pohon, segar	DABM-1964	31.4	267	2.8	0.6	62.5	1.2	2.7	74	113	0.6	9	139.5	0.09	0.1		9	30	0.34	0.04	0.7	2	48
NR006	Asam payak, segar	KZGPI- 1990	65.1	135	0.8	0.4	32.1	10.0	1.6	60	39	5.7	0						0	0.00			0	
NR007	Bawang merah, segar	DABM-1964	88.0	46	1.5	0.3	9.2	1.7	1.0	36	40	0.8	7	178.6	0.06	0.2		2		0.03	0.04	0.2	2	90
NR008	Bawang putih, segar	DABM-1964	71.0	112	4.5	0.2	23.1	0.6	1.8	42	134	1.0	46	665.7	0.09	0.4		0		0.22	0.07	0.3	15	88
NR009	Boros kunci, segar	DABM-1964	90.0	40	1.0	0.8	7.2	1.0	1.0	50	50	2.0	33	480.0	0.02	0.3		0	5000	0.08	0.68	1.7	50	80
NR010	Boros laja (lengkuas), segar	DABM-1964	93.0	26	1.0	0.3	4.7	1.1	1.0	50	50	2.0	24	137.1	0.07	0.3		5	5000	0.08	0.06	0.3	50	80
NR011	Cabai gembor merah, segar	KZGPI- 1990	90.8	38	1.6	0.8	6.3	1.6	0.6	49	41	1.1	7	275.3	0.12	0.2		5897	3240	0.21	0.12	0.0	16	89
NR012	Cabai hijau, segar	DABM-1964	93.4	26	0.7	0.3	5.2	2.6	0.4	14	23	0.4	7	151.0	0.08	0.2		44	260	0.05	0.06	0.4	84	82
NR013	Cabai merah, kering	DABM-1964	10.0	367	15.9	6.2	61.8	26.9	6.1	160	370	2.3	25	181.5	1.20	1.8		10955	576	0.40	1.36	4.4	50	85
NR014	Cabai merah, segar	DABM-1964	90.9	36	1.0	0.3	7.3	1.4	0.5	29	24	0.5	23	272.4	0.12	0.2		5833	470	0.05	0.09	3.0	18	85
NR015	Cabai rawit, segar	DABM-1964	71.2	120	4.7	2.4	19.9	15.2	1.8	45	85	2.5	34	706.2	0.29	0.6		1694	11050	0.24	0.09	1.7	70	85
NR016	Cengkeh, kering	DABM-1964	23.3	330	5.2	8.9	57.4	10.0	5.2	740	100	4.9	282	961.0	0.30	0.0		265		200.00	0.00	0.0		100
NR017	Daun salam, bubuk	FCTEA-1972	13.1	301	14.2	10.9	49.0	9.4	12.8	86	250	44.1	180	619.0	1.31	0.7	0	5400		0.10	0.32	5.0	0	100

4.12. BUMBU

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
NR018	Jahe, segar	DABM-1964	86.2	51	1.5	1.0	10.1	12.0	1.2	21	39	1.6	12	441.7	0.48	0.7		0	9	0.02	0.17	3.3	4	97
NR019	Kemiri	DABM-1964	7.0	675	19.0	63.0	8.0	3.0	3.0	80	200	2	25	430.7	0.23	0.8		0	0	0.06	0.06	0.4	0	100
NR020	Ketumbar, kering	DABM-1964	11.2	418	14.1	16.1	54.2	12.3	4.4	630	370	17.9	91	1787.0	0.95	4.6		75	1570	0.20	0.35	1.8	0	100
NR021	Kluwek	DABM-1964	51.0	310	10.0	24.0	13.5		1.5	40	100	2.0							0	0.15			30	80
NR022	Kunyit, segar	DABM-1964	84.9	69	2.0	2.7	9.1	0.6	1.3	24	78	3.3	6	406.7	0.05	0.4		12		0.03	0.02	0.4	1	78
NR023	Merica, kering	DABM-1964	12.9	365	11.5	6.8	64.4	1.0	4.4	460	200	16.4	4	99.7	0.89	1.1		0		0.20	0.10	2.5		100
NR024	Pala, biji, kering	DABM-1964	14.3	518	7.5	36.4	40.1	3.5	1.7	120	240	4.6	2	78.7	0.94	2.0		7		0.20	0.02	0.5	0	95
OLAHAN/PRODUK/KOMPOSIT																								
NP001	Balichong	KZGMI-2001	59.9	152	13.2	0.8	22.9	1.5	3.6	380	210	2.9	120	310	0.80	1.1	34	0		0.01	0.08	0.2		
NP002	Bekasam	KZGMI-2001	65.5	116	11.9	4.9	6.1	3.5	11.6	704	757	7.5	711	176	0.80	1.9		0		0.00	0.03	2.1		
NP003	Bekasang	KZGMI-2001	67.1	78	11.4	2.0	3.6	0.4	15.9	54	97	2.6	4016	121	0.20	4.8				0.15	0.12	0.6		
NP004	Cuka	DABM-1964	94.5	21	0.1	0.1	5.0	0.0	0.3	7	10	0.5	21	37.8	0.00	0.0		0		0.24	0.00	0.7		100
NP005	Kecap	DABM-1964	63.0	71	5.7	1.3	9.0	0.0	21.0	123	96	5.7	1114		0.04		0			0.00			0	100
NP006	Petis ikan	DABM-1964	56.0	165	20.0	0.2	20.8		3.0	37	36	2.8							0	0.01	0.20	0.8	0	100
NP007	Petis udang kering	KZGPI- 1990	8.3	345	23.8	1.4	59.3	0.0	7.1	221	397	3.8	11998	462.8	0.75	1.9		0	232	1.02	0.40	2.2	0	100
NP008	Petis udang pasta	DABM-1964	39.0	220	15.0	0.9	38.0	2.3	7.1	37	36	2.8	7981	307.9	0.50	1.3		0	0	0.01	0.13	1.7	0	100
NP009	Saos tomat	DABM-1964	69.5	110	2.0	0.4	24.5	0.9	3.6	12	18	0.8	890	129.6	0.18	0.3		357	570	0.09	0.06	1.7	11	100
NP010	Tempoya	KZGMI-2001	70.1	110	1.7	1.3	21.9	2.6	5.0	190	45	2.9	597	486.3				71		0.30	0.04	1.1	0	100
NP011	Terasi	KZGPI- 1990	33.8	155	22.3	2.9	9.9	2.7	31.1	3812	726	78.5	1664	821.4	0.99	2.4		0	0	0.24	0.00	3.3	0	100
NP012	Terasi dobo	KZGMI-2001	58.4	191	33.1	3.6	6.6	1.6	11.5	2250	1130	22.9	650	1260	2.90	5.0		0		3.74	0.22	2.0		100
NP013	Terasi merah	DABM-1964	40.0	174	30.0	3.5	5.6	2.2	20.4	100	150	3.1	7850	302.8	0.49	1.2		0	0	0.00	0.12	1.7	0	100

4.13. MINUMAN

KODE	NAMA BAHAN	SUMBER	KOMPOSISI ZAT GIZI MAKANAN PER 100 GRAM BDD																					BDD (%)
			AIR	ENERGI	PROTEIN	LEMAK	KH	SERAT	ABU	KALSIUM	FOSFOR	BESI	NATRIUM	KALIUM	TEMBAGA	SENG	RETINOL	B-KAR	KAR-TOTAL	THIAMIN	RIBOFLAVIN	NIASIN	VIT_C	
			(g)	(Kal)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mcg)	(mcg)	(mcg)	(mg)	(mg)	(mg)	(mg)	
QR001	Kelapa muda, air, segar	DABM-1964	95.0	16	0.1	0.4	3.0	0.0	0.4	15	8	0.2	1	149.0	0.04	0.1	0	0		0.00	0.00	0.0	1	100

PR
PP