苗栗縣高鈣菜單常用食材鈣含量(每100公克)

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| 樣品編號 | 樣品名稱 | 鈣含量(毫克) | 樣品編號 | 樣品名稱 | 鈣含量(毫克) |
| A05002 | 粳米平均值 | 5 | J0200301 | 鯊魚切片 | 5 |
| A05013 | 糙粳米平均值 | 11 | J0800101 | 小魚干 | 2213 |
| A0800101 | 燕麥 | 25 |  |  |  |
| A0900101 | 蕎麥 | 13 | I03104 | 豬絞肉平均值 | 9 |
| A0200101 | 小米 | 5 | I0310402 | 豬絞肉(90%瘦肉率) | 5 |
| A0110101 | 大麥片 | 13 | I0302201 | 豬後腿肉 | 4 |
| A0500801 | 黑秈糯米 | 9 | I0302301 | 豬後腿瘦肉 | 3 |
| B0700201 | 馬鈴薯 | 4 | I0300301 | 豬上肩肉 | 3 |
| A0450101 | 玉米粒罐頭 | 4 | I0304301 | 豬小排 | 33 |
| R2300401 | 冷凍豆沙包 | 21 |  |  |  |
| A0400601 | 冷凍玉米粒 | 3 |  |  |  |
| A0351201 | 油麵條 | 16 |  |  |  |
|  |  |  | R5400201 | 冷凍貢丸 | 6 |
| C0810101 | 原味腰果 | 40 | R6100201 | 冷度虱目魚丸 | 132 |
| C0805101 | 腰果(生) | 45 |  |  |  |
| C1705301 | 帶膜花生仁(生) | 91 |  |  |  |
| C1700201 | 冷凍帶殼花生(熟) | 52 |  |  |  |
|  |  |  |  |  |  |
|  |  |  | G1600101 | 金針菇 | 1 |
| R4700203 | 小方豆干 | 685 | G13002 | 杏鮑菇平均值 | 1 |
| R4700301 | 黑豆干 | 335 | E2100101 | 大蒜 | 11 |
| R4700901 | 傳統豆腐 | 140 | E1900103 | 老薑 | 21 |
|  |  |  | R4700601 | 豆豉 | 146 |
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苗栗縣高鈣菜單常用食材鈣含量(每100公克)

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| 樣品編號 | 樣品名稱 | 鈣含量(毫克) | 樣品編號 | 樣品名稱 | 鈣含量(毫克) |
| E2400301 | 黃洋蔥 | 20 | F07001 | 海帶平均值 | 87 |
| E02001 | 胡蘿蔔平均值 | 27 | C1610201 | 黑芝麻(熟) | 1479 |
| E23001 | 青蔥平均值 | 114 | C1610101 | 白芝麻(熟) | 76 |
| E4000101 | 芫荽 | 61 | F0700101 | 海帶卷 | 64 |
| E37002 | 芹菜平均值 | 83 | F0810101 | 乾裙帶菜 | 950 |
| G08101 | 乾香菇平均值 | 31 | K0100101 | 雞蛋(白殼) | 69 |
| E1100101 | 熟桂竹筍 | 22 | K0213101 | 鴨皮蛋 | 40 |
| E3850101 | 梅乾菜 | 381 |  |  |  |
| H1100301 | 冷凍毛豆仁 | 86 |  |  |  |
| E5300202 | 土植本島萵苣(3月取樣) | 32 |  |  |  |
| E8100101 | 黑豆芽 | 166 |  |  |  |
| E3200101 | 蚵仔白菜 | 28 | L0200101 | 全脂奶粉 | 912 |
| E3200603 | 小白菜 | 73 | Q8100701 | 葡萄乾 | 55 |
| E30001 | 高麗菜 | 47 | H0405101 | 紅豆 | 87 |
| E3201101 | 油菜 | 88 | H0305101 | 花豆 | 108 |
|  |  |  | R4100201 | 粉圓 | 43 |
|  |  |  | N0100301 | 紅砂糖 | 6 |
|  |  |  | R0600101 | 豬血糕 | 9 |
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