

**Analisa Zat Gizi Menu Keluarga Sehari  
(Hari Pertama)**

Waktu	Menu	NAMA BAHAN	Kalori	Protein	Berat Gram	Berat Bahan	Energi (Kalori)	Protein (Gram)
Sarapan Pagi	Lontong Jagung	Jagung segar kuning	140	4,7	100	100	140,0	4,7
		Tepung sagu	353	0,7	100	100	353,0	0,7
	Abon Ikan Lela	Lela	240	17,57	100	50	120,0	8,8
		Gula Merah	356	0,4	100	25	89,0	0,1
		Minyak Kelapa sawit	902	0	100	50	451,0	0,0
	Sayur Pepaya Muda Telur Puyuh	Pepaya Muda	26	2,1	100	100	26,0	2,1
		Telur puyuh	158	13,05	100	30	47,4	3,9
		Tahu	68	7,8	100	50	34,0	3,9
		Santan	122	2	100	100	122,0	2,0
	Sup Jagung Ayam Manis	Jagung muda kuning ayam	129	4,1	100	100	129,0	4,1
		Wortel	302	18,2	100	50	151,0	9,1
		Margarine	42	1,2	100	50	21,0	0,6
		Tepung jagung/maizena	720	0,6	100	20	144,0	0,1
		355	9,2	100	20	71,0	1,8	
Susu Kedele Jahe	Kedele	286	30,2	100	75	214,5	22,7	
	Gula Pasir	364	0	100	75	273,0	0,0	
Selingan Pagi	Kroket Ubi Isi Ikan Kacang Merah	Ubi jalar merah	123	1,8	100	100	123,0	1,8
		Tepung kanji	363	1,1	100	50	181,5	0,6
		Kacang Merah	336	23,1	100	20	67,2	4,6
		Ikan segar	113	17	100	50	56,5	8,5
		Minyak Kelapa sawit	902	0	100	50	451,0	0,0
Makan Siang	Sokulih	Sorgum/ sokulih	332	11	100	75	249,0	8,3
		Santan	122	2	100	100	122,0	2,0
	Goreng Rutiang Saus Hitam	Ikan Gabus Segar	74	25,2	100	75	55,5	18,9
		Tepung jagung/maizena	355	9,2	100	20	71,0	1,8
	Sup Ikan	Ikan segar	113	17	100	75	84,8	12,8
		Teri	170	33,4	100	20	34,0	6,7
		Minyak Kelapa sawit	902	0	100	50	451,0	0,0
	Tumis Buncis tempe	Buncis	35	2,4	100	50	17,5	1,2
		Tempe	149	18,3	100	25	37,3	4,6
		Gula Pasir	364	0	100	50	182,0	0,0
Minyak Kelapa sawit		902	0	100	50	451,0	0,0	
Selingan Sore	Kue Ku Ubi Ungu	Ubi Ungu	123	1,8	100	100	123,0	1,8
		Ketan Putih	362	6,1	100	40	144,8	2,4
		Gula Pasir	364	0	100	50	182,0	0,0
		Santan	122	2	100	50	61,0	1,0

# Dkbn Gizi

**Ying Liu**



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