

1. DKBM (Daftar Komposisi Bahan Makanan)

Per 100 gram

Bahan Makanan	Kalori Kal	Protein g	Lemak g	Hi- drat arang g	Ca mg	P mg	Fe mg	Vit. A IU	Vit. B ₁ mg	Vit. C mg	Air g	Bag. yg. dapat dimakan %
1	2	3	4	5	6	7	8	9	10	11	12	13
1. Beras giling	360	6,8	0,7	78,9	6	140	0,8	0	0,12	0	13,0	100
2. Jagung kuning, pipil baru	307	7,9	3,4	63,6	9	148	2,1	440	0,33	0	24,0	90
3. Gaplek	338	1,5	0,7	81,3	80	60	1,9	0	0,04	0	14,5	100
4. Kentang	83	2,0	0,1	19,1	11	56	0,7	0	0,11	17	77,8	85
5. Ketela pohon (singkong)	146	1,2	0,3	34,7	33	40	0,7	0	0,06	30	62,5	75
6. Ubi jalar merah	123	1,8	0,7	27,9	30	49	0,7	7.700	0,09	22	68,5	86
7. Tahu	68	7,8	4,6	1,6	134	63	0,8	(0)	0,06	0	84,8	100
8. Tempe kedele murni	149	18,3	4,0	12,7	129	154	10,0	(30)	0,17	0	64,0	100
9. Ayam	302	18,2	25,0	0	14	200	1,5	810	0,08	0	55,9	58
10. Daging kambing	154	16,6	9,2	0	11	124	1,0	0	0,09	0	70,3	100
11. Daging sapi	207	18,8	14,0	0	11	170	2,8	30	0,08	0	66,0	100
12. Telur ayam	162	12,8	11,5	0,7	54	180	2,7	900	0,10	0	74,0	90
13. Telur bebek (telur itik)	189	13,1	14,3	0,8	56	175	2,8	1.230	0,18	0	70,8	90
14. Ikan segar	113	17,0	4,5	0	20	200	1,0	150	0,05	0	76,0	(80)
15. Udang, segar	91	21,0	0,2	0,1	136	(170)	8,0	60	0,01	0	75,0	68
16. Buncis	36	2,4	0,4	6,4	267	87	3,9	6.060	0,08	80	86,9	71

Dkbn Gizi

Minjie Lin



Dkbn Gizi:

The Top Books of the Year Dkbn Gizi The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels enthraling the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the engaging narratives that have charmed audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens' "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and gripping novel that will keep you speculating until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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