

常見的台灣小吃的營養分析

	名稱	蛋白質	脂肪	碳水化合物	熱量(大卡)
1	蚵仔麵線(小)	3.7%	12.8%	83.5%	200
2	餛飩麵	25.5%	15.7%	58.8%	560
3	蚵仔煎	14.0%	31.4%	54.6%	194
4	牛肉餡餅	22.2%	23.6%	54.3%	223
5	肉圓	9.7%	4.7%	85.6%	135
6	韭菜盒子	19.2%	28.9%	51.9%	229
7	肉粽	17.3%	18.4%	64.3%	233
8	筒仔米糕	13%	16.9%	70.1%	244
9	八寶粥	8.3%	3.9%	87.8%	75
10	廣東粥	29.1%	25%	54.1%	88
11	蝦仁炒飯	14.4%	5.2%	80.4%	138
12	鮮肉包	13.9%	17.7%	68.4%	281
13	菜包	16.0%	4.5%	79.5%	226
14	燒賣	28.5%	29.3%	42.2%	198
15	小籠包	23.4%	37.8%	38.3%	240
16	豆沙包	12.3%	0.5%	87.2%	241
17	饅頭	11.1%	3.6%	85.3%	277
18	素食水餃	22.8%	30.6%	67.0%	167
19	牛肉水餃	21.3%	25.7%	53.0%	219
20	豬肉韭菜水餃	19.6%	26.6%	53.8%	227
21	豬肉鍋貼	17.2%	21.6%	61.2%	229
22	芝麻湯圓	7.1%	21.8%	71.1%	343
23	珍珠丸子	24.2%	25.7%	50.1%	221
24	甜不辣	11.2%	6.9%	81.9%	201
25	花枝羹	44.7%	18.4%	36.9%	125