

	食物名稱 Food Name	單位 重量(克) Unit Weight(g)	熱量(千卡) Energy(kcal)	蛋白質(克) Protein(g)	脂肪(克) Fat(g)	碳水化合物(克) Carbohydrate(g)	膳食纖維(克) Fiber(g)	膽固醇(毫克) Cholesterol(mg)	飽和脂肪(克) Saturated Fat (g)	糖 (克) Sugar (g)
湯粉麵 Noodles in Soup	雲吞湯粗麵條 Wonton Thick Noodles in Soup	630	420	33	11	47	微量 trace	94	2.7	4.4
	雲吞湯幼麵條 Wonton Thin Noodles in Soup	630	450	33	14	47	微量 trace	110	3.5	4.6
	雲吞湯米粉 Wonton Rice Noodles in Soup	720	520	24	11	79	微量 trace	72	3.4	3.2
	雲吞湯河粉 Wonton Ho Fun in Soup	720	570	20	13	94	微量 trace	48	3.3	3.1
	魚片湯幼麵條 Sliced Fish Thin Noodles in Soup	580	320	28	5.4	41	微量 trace	25	1.1	2.1
	魚蛋湯幼麵條 Fish Balls Thin Noodles in Soup	640	350	30	5.1	46	微量 trace	51	1.2	3.6
	雪菜肉絲湯米粉 Preserved Veggies w/ Sliced Pork Rice Noodles in Soup	420	350	12	7.1	58	5.4	2	1.4	1.9
	牛肚湯粗麵條 Ox Stomach Thick Noodles in Soup	590	360	35	5.9	41	微量 trace	130	1.9	4.1
	墨魚丸湯幼麵條 Cuttle Fish Balls Thin Noodles in Soup	620	370	29	8.1	45	微量 trace	100	2.2	4.1
	水餃湯粗麵條 Dumpling Thick Noodles in Soup	580	380	28	9.3	47	微量 trace	75	2.7	3.3
	牛丸湯幼麵條 Beef Balls Thin Noodles in Soup	600	380	32	7.8	45	微量 trace	51	2.2	3.2
	魚皮餃湯幼麵條 Fish Skin Dumpling Thin Noodles in Soup	590	410	26	14	46	微量 trace	48	3.1	2.7
	什錦海鮮湯烏冬 Mixed Seafood Udon in Soup	710	410	31	6.4	58	微量 trace	85	1.4	3.1
	鮮魚片湯米粉 Fresh Fish Slice Rice Noodles in Soup	670	450	25	7.3	67	微量 trace	67	1.8	0.93
	牛什湯粗麵條 Ox Offals Thick Noodles in Soup	630	460	40	14	43	0	130	6.9	3.9
	牛筋湯幼麵條 Ox Tendon Thin Noodles in Soup	620	480	56	9.3	43	7.5	93	2.5	4
	貢丸湯幼麵條 Black Mushroom Pork Balls w/ Thin Noodles in Soup	660	480	30	16	54	12	52	4.3	4.5
	牛腩湯幼麵條 Beef Brisket Thin Noodles in Soup	640	550	50	17	48	8.9	110	6.4	4.5
	沙爹牛肉即食麵 Satay Beef Instant Noodles in Soup	500	640	29	27	64	微量 trace	37	8.9	5.4

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湯粉麵 Noodles in Soup	餐肉蛋即食麵 Luncheon Meat Fried Egg Instant Noodles in Soup	450	680	22	38	59	微量 trace	190	12	2.4
	五香肉丁即食麵 Preserved Pork Instant Noodles in Soup	450	710	29	37	62	4.5	76	12	5.4
炒粉麵 Stir Fried Noodles	炒米粉 Fried Rice Noodles	410	660	15	19	110	5.4	15	2.6	2.5
	豉油皇炒麵 Soy Sauce Fried Noodles	400	680	23	21	100	6.4	5.2	3.1	3.8
	雪菜豬肉絲炆米粉 Braised Noodles w/ Preserved Veggies & Sliced Pork	720	860	30	29	120	15	35	4.9	5.3
	海鮮炒烏冬 Stir Fried Udon w/ Seafood	740	890	44	22	130	17	100	3.7	5.9
	乾炒牛肉河粉 Stir Fried Ho Fun w/ Soy Sauce Beef	650	970	26	33	140	14	45	5	4.7
	時菜牛肉炒麵 Stir Fried Beef & Veggies w/ Noodles	580	990	42	48	99	13	58	7	3.5
	雪菜燒鴨絲炆米粉 Braised Rice Noodles w/ Preserved Veggies & Roast Duck	720	1000	34	38	130	18	79	7.2	5.2
	時菜牛肉炒河粉 Stir Fried Ho Fun w/ Beef and Veggies	780	1000	27	36	150	15	20	5.2	2.7
	時菜豬肉片炒麵 Stir Fried Noodles w/ Pork and Veggies	610	1000	42	49	100	9.8	61	7.4	2.9
	星州炒米粉 Stir Fried Rice Noodles w/ Curry	610	1100	39	51	120	22	280	9.8	5.8
廈門炒米粉 Stir Fried Noodles w/ Ketchup	670	1100	38	43	150	14	290	8.7	28	
味菜魷魚炒麵 Stir Fried Noodles w/ Preserved Veggies & Squid	750	1100	41	56	120	17	330	9	11	
豉椒牛肉炒麵 Stir Fried Noodles w/ Beef and Black Beans	630	1100	41	55	110	7.5	75	8.8	5.2	
豉椒豬肉片炒麵 Stir Fried Noodles w/ Pork & Black Beans	630	1100	42	55	110	8.2	76	8.8	6.3	
豉椒魷魚炒麵 Stir Fried Noodles w/ Squid & Black Beans	650	1100	43	50	110	9.1	330	8.4	5.5	
炒貴刁 Singaporean Stir Fried Ho Fun	770	1200	32	46	180	7.7	230	9.3	6.6	

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炒粉麪 Stir Fried Noodles	時菜排骨炒麪 Stir Fried Noodles w/ Spareribs & Veggies	650	1200	50	68	100	6.8	120	13	3.8
	味菜豬肉片炒麪 Stir Fried Noodles w/ Preserved Veggies & Pork	710	1200	41	61	120	17	85	10	12
	涼瓜牛肉炒麪 Stir Fried Noodles w/ Bitter Melon & Beef	680	1200	44	66	120	16	75	10	5.4
	涼瓜豬肉片炒麪 Stir Fried Noodles w/ Bitter Melon & Pork	650	1200	42	60	120	18	78	9.1	5.3
	豬扒炒即食麪 Stir Fried Instant Noodles w/ Pork Chop	550	1200	47	68	99	6.3	89	17	4.1
	干燒伊麪 Stir Fried Efu Noodles	650	1300	33	72	130	11	65	10	6.1
	味菜排骨炒麪 Stir Fried Noodles w/ Spareribs & Preserved Veggies	760	1400	49	72	120	16	140	14	14
	豉椒排骨炒麪 Stir Fried Noodles w/ Spareribs & Black Beans	740	1500	53	91	130	9.1	140	16	7.7
炒飯 Fried Rice	揚州炒飯 Yeung Zhou Style Fried Rice	620	1200	43	49	150	14	460	9.8	3.8
	瑤柱蛋白炒飯 Dried Scallop Egg White Fried Rice	690	1200	43	32	200	12	64	5.3	1.2
	生炒牛肉飯 Stir Fried Beef w/ Rice	610	1200	41	46	150	14	370	7.9	1.7
	生炒雞絲飯 Stir Fried Chicken w/ Rice	600	1200	43	49	160	15	170	9	1.5
	鮮茄牛肉配炒飯 Stir Fried Tomato & Bee w/ White Rice	780	1200	41	38	170	16	240	9.4	19
	西炒飯 Western Style Fried Rice	680	1300	40	50	170	15	270	9.5	11
	福建炒飯 Fukien Style Fried Rice	960	1400	57	45	200	17	390	8.6	4.7
炒飯 Fried Rice	鹹魚雞粒炒飯 Salted Fish & Diced Chicken Fried Rice	690	1400	48	46	190	12	440	8.9	1.4
	鱈魚雞粒炒飯 Diced Octopus & Chicken Fried Rice	740	1500	61	56	180	21	630	12	2
	菠蘿雞粒炒飯 Pineapple & Diced Chicken Fried Rice	730	1500	45	57	180	15	400	10	9.5
	鴛鴦炒飯 Yin Yang Style Fried Rice	1100	1500	51	49	210	22	390	9	21

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“碟頭飯” Rice	冬菇蒸雞飯 Steamed Chicken & Black Mushroom w/ Rice	430	660	25	18	100	6.6	37	4.5	4.5
	滑蛋蝦仁飯 Stir Fried Eggs & Prawns w/ Rice	580	750	25	13	130	微量 trace	52	3.1	0.75
	時菜牛肉飯 Beef & Veggies on Rice	700	770	34	11	130	微量 trace	35	3	4.4
	豉油雞飯 Soy Sauce Chicken w/ Rice	460	770	27	24	110	微量 trace	56	3.8	2.8
	時菜豬肉片飯 Pork & Veggies on Rice	660	800	30	15	130	微量 trace	36	4.3	3.1
	豉汁鳳爪排骨飯 Chicken Feet & Spareribs on Rice	490	820	24	25	130	微量 trace	45	6.8	5
	沙爹牛肉飯 Satay Beef on Rice	700	840	33	17	140	微量 trace	26	4.1	12
	蒸鯪魚飯 Steamed Fish on Rice	710	930	56	27	120	微量 trace	140	12	5.6
	燒肉飯 Barbecued Pork on Rice	470	930	36	40	110	微量 trace	60	12	1.5
	鮮茄牛肉飯 Tomato Beef on Rice	780	940	36	14	160	微量 trace	160	3.4	20
	白切雞飯 Steamed Chicken on Rice	550	940	33	29	130	微量 trace	68	7.8	2.1
	燒鵝飯 Barbecued Goose on Rice	530	970	34	35	130	微量 trace	61	9.2	8.7
	燜蘿蔔牛腩飯 Braised Turnip & Beef Brisket on Rice	750	980	56	20	140	11	64	7.5	5.9
	粟米肉粒飯 Cream Style Corn and Diced Pork on Rice	760	990	40	18	170	7.6	91	4.9	5
	叉燒飯 Char Siu (Barbecued Pork on Rice)	520	1000	38	37	130	微量 trace	62	9.9	6.7
	魚香茄子飯 Eggplant & Mined Pork on Rice	720	1100	25	43	140	微量 trace	26	10	7.2
	土魷(魷魚)蒸肉餅飯 Steamed Squid Meat Patty on Rice	570	1200	44	54	120	0	190	21	4
	焗豬扒飯 Baked Pork Chop on Rice	710	1300	50	60	140	6.8	150	14	9.5
	咖喱牛腩飯 Curry Beef Brisket on Rice	800	1300	62	50	140	微量 trace	130	22	13
	枝竹火腩(燒肉)飯 Tofu Sheet & Barbecued Pork on Rice	770	1400	57	62	140	20	99	18	2.8

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粥 Congee	白粥 Plain Congee	450	140	3.2	3.1	26	0	未測定 No data avail.	0.44	0
	皮蛋瘦肉粥 Congee w/ Preserved Egg and Lean Pork	470	260	16	12	22	微量 trace	200	2.9	0.47
	柴魚花生粥 Congee w/ Peanuts and Fish	470	300	15	15	26	7	38	2.6	0.94
	艇仔粥 Congee w/ Mixed Ingredients	450	300	13	14	31	微量 trace	68	2.3	1.5
	及第粥 Congee w/ Offals	500	310	22	12	29	微量 trace	260	3	1.8
湯飯 Rice in Soup	冬瓜肉粒湯飯 Winter Melon Diced Pork Rice in Soup	720	590	28	5.1	110	微量 trace	44	1.7	1.7
	方魚肉碎湯飯 Dried Fish Minced Pork Rice in Soup	660	480	25	13	66	0	41	4	0.85
醬汁 Sauce	燒味汁 Barbecued Soy Sauce	15	9.5	0.26	0.045	2	微量 trace	0.039	0.018	1.3
	酸梅醬 Preserved Plum Sauce	20	46	微量 trace	0.14	11	微量 trace	0.012	0	11
	薑蓉 Ginger & Chives	18	86	0.31	9	1.2	0.22	0.29	1.3	0.18
資料來源: 風險評估研究 第二十二號報告書 本地粥粉麵飯的營養素含量 Source: Risk Assessment Studies, Report No. 22, Nutrient Values of Indigenous Congee, Rice and Noodles Dishes										
香港特別行政區政府 食物環境衛生署二零零六年三月 March 2006, Food and Environmental Hygiene Department of The Government of the HKSAR March 2006										