

ご飯原価早見表

寿司シャリ 1貫 …… 20g
 ご飯 1膳 …… 150g
 どんぶり 1膳 …… 260g
 大盛りどんぶり …… 320g

(生米 kg 単価 × 炊き上りg ÷ 膨張率 2.2) ÷ 1000

重量(g) 1kg単価(円)	20	30	40	50	100	150	180	200	220
500	¥4.5	¥6.8	¥9.1	¥11.4	¥22.7	¥34.1	¥40.9	¥45.5	¥50.0
450	¥4.1	¥6.1	¥8.2	¥10.2	¥20.5	¥30.7	¥36.8	¥40.9	¥45.0
400	¥3.6	¥5.5	¥7.3	¥9.1	¥18.2	¥27.3	¥32.7	¥36.4	¥40.0
390	¥3.5	¥5.3	¥7.1	¥8.9	¥17.7	¥26.6	¥31.9	¥35.5	¥39.0
380	¥3.5	¥5.2	¥6.9	¥8.6	¥17.3	¥25.9	¥31.1	¥34.5	¥38.0
370	¥3.4	¥5.0	¥6.7	¥8.4	¥16.8	¥25.2	¥30.3	¥33.6	¥37.0
360	¥3.3	¥4.9	¥6.5	¥8.2	¥16.4	¥24.5	¥29.5	¥32.7	¥36.0
350	¥3.2	¥4.8	¥6.4	¥8.0	¥15.9	¥23.9	¥28.6	¥31.8	¥35.0
340	¥3.1	¥4.6	¥6.2	¥7.7	¥15.5	¥23.2	¥27.8	¥30.9	¥34.0
330	¥3.0	¥4.5	¥6.0	¥7.5	¥15.0	¥22.5	¥27.0	¥30.0	¥33.0
320	¥2.9	¥4.4	¥5.8	¥7.3	¥14.5	¥21.8	¥26.2	¥29.1	¥32.0
310	¥2.8	¥4.2	¥5.6	¥7.0	¥14.1	¥21.1	¥25.4	¥28.2	¥31.0
300	¥2.7	¥4.1	¥5.5	¥6.8	¥13.6	¥20.5	¥24.5	¥27.3	¥30.0
290	¥2.6	¥4.0	¥5.3	¥6.6	¥13.2	¥19.8	¥23.7	¥26.4	¥29.0
280	¥2.5	¥3.8	¥5.1	¥6.4	¥12.7	¥19.1	¥22.9	¥25.5	¥28.0
270	¥2.5	¥3.7	¥4.9	¥6.1	¥12.3	¥18.4	¥22.1	¥24.5	¥27.0
260	¥2.4	¥3.5	¥4.7	¥5.9	¥11.8	¥17.7	¥21.3	¥23.6	¥26.0
250	¥2.3	¥3.4	¥4.5	¥5.7	¥11.4	¥17.0	¥20.5	¥22.7	¥25.0

重量(g) 1kg単価(円)	240	260	280	300	320	340	350	400	450
500	¥54.5	¥59.1	¥63.6	¥68.2	¥72.7	¥77.3	¥79.5	¥90.9	¥102.3
450	¥49.1	¥53.2	¥57.3	¥61.4	¥65.5	¥69.5	¥71.6	¥81.8	¥92.0
400	¥43.6	¥47.3	¥50.9	¥54.5	¥58.2	¥61.8	¥63.6	¥72.7	¥81.8
390	¥42.5	¥46.1	¥49.6	¥53.2	¥56.7	¥60.3	¥62.0	¥70.9	¥79.8
380	¥41.5	¥44.9	¥48.4	¥51.8	¥55.3	¥58.7	¥60.5	¥69.1	¥77.7
370	¥40.4	¥43.7	¥47.1	¥50.5	¥53.8	¥57.2	¥58.9	¥67.3	¥75.7
360	¥39.3	¥42.5	¥45.8	¥49.1	¥52.4	¥55.6	¥57.3	¥65.5	¥73.6
350	¥38.2	¥41.4	¥44.5	¥47.7	¥50.9	¥54.1	¥55.7	¥63.6	¥71.6
340	¥37.1	¥40.2	¥43.3	¥46.4	¥49.5	¥52.5	¥54.1	¥61.8	¥69.5
330	¥36.0	¥39.0	¥42.0	¥45.0	¥48.0	¥51.0	¥52.5	¥60.0	¥67.5
320	¥34.9	¥37.8	¥40.7	¥43.6	¥46.5	¥49.5	¥50.9	¥58.2	¥65.5
310	¥33.8	¥36.6	¥39.5	¥42.3	¥45.1	¥47.9	¥49.3	¥56.4	¥63.4
300	¥32.7	¥35.5	¥38.2	¥40.9	¥43.6	¥46.4	¥47.7	¥54.5	¥61.4
290	¥31.6	¥34.3	¥36.9	¥39.5	¥42.2	¥44.8	¥46.1	¥52.7	¥59.3
280	¥30.5	¥33.1	¥35.6	¥38.2	¥40.7	¥43.3	¥44.5	¥50.9	¥57.3
270	¥29.5	¥31.9	¥34.4	¥36.8	¥39.3	¥41.7	¥43.0	¥49.1	¥55.2
260	¥28.4	¥30.7	¥33.1	¥35.5	¥37.8	¥40.2	¥41.4	¥47.3	¥53.2
250	¥27.3	¥29.5	¥31.8	¥34.1	¥36.4	¥38.6	¥39.8	¥45.5	¥51.1

※米のみの単価となりますので炊飯時における電気・水道代などのコストは含まれておりません