CLAIMS

1. A powdery food comprising an edible plant and satisfying following characteristics (1) to (3):

(1) the powdery food has an insoluble dietary fiber content of 1.0 mass% or more on a dry mass basis;

(2) the powdery food has a specific surface area per unit volume after ultrasonication of 0.04 $m^2$/mL or more; and

(3) the powdery food has a 2-pentylfuran content of 1 ppb or more and 50,000 ppb or less.

2. The powdery food according to claim 1, wherein the powdery food further has a gamma-nonanolactone content of 0.1 ppb or more and 40,000 ppb or less.

3. The powdery food according to claim 1 or 2, wherein the powdery food has an edible plant content of 10 mass% or more with respect to the whole of the powdery food.

4. The powdery food according to any one of claims 1 to 3, wherein the powdery food has a content of insoluble dietary fibers derived from the edible plant of 50 mass% or more with respect to the insoluble dietary fiber content of the whole of the powdery food.

5. The powdery food according to any one of claims 1 to 4, wherein the edible plant is one or more selected from the group consisting of grains, potatoes, pulses, nuts, vegetables, fruits, and mushrooms.

6. The powdery food according to any one of claims 1 to 5, wherein the edible plant is one or more selected from the group consisting of paprika, beet, soybean, corn, carrot, pumpkin, pea, broad bean, sweet potato, broccoli, spinach, tomato, and kale.

7. A food/drink comprising the powdery food according to any one of claims 1 to 6.

8. A method for manufacturing the powdery food according to any one of claims 1 to 6, the method comprising crushing an edible plant having a moisture content of 20 mass% or less.

9. A method for manufacturing a food/drink containing fine particles derived from an edible plant having a specific surface area per unit volume after ultrasonication of 0.04 $m^2$/mL or more, the method comprising crushing an edible plant having an insoluble dietary fiber content of 1.0 mass% or more on a dry mass basis and allowing the food/drink to contain 1 ppb or more and 50,000 ppb or less of 2-pentylfuran.

10. A method for suppressing astringent taste of a food/drink containing fine particles derived from an edible plant having a specific surface area per unit volume after ultrasonication of 0.04 $m^2$/mL or more, the method comprising crushing an edible plant having an insoluble dietary fiber content of 1.0 mass% or more on a dry mass basis and allowing the food/drink to contain 1 ppb or more and 50,000 ppb or less of 2-pentylfuran.

11. The method according to claim 9 or 10, further comprising allowing the food/drink to contain 1 ppb or more and 40,000 ppb or less of gamma-nonanolactone.

12. The method according to any one of claims 9 to 11, wherein the food/drink is a powdery food.