

ABSTRACT

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 $0.02 \text{ m}^2/\text{mL}$ or more; and

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