

**Food ID:** F116**Food name and Description:** Duck back**Scientific name:** *Cairina moschata***Alternate/Common name(s):** Pato likod**Edible portion:** 47%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	65.4
Energy, calculated (kcal)	191
Protein (g)	22.6
Total Fat (g)	11.2
Carbohydrate, total (g)	0
Ash, total (g)	0.8

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	0

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	1364
Phosphorus, P (mg)	127
Iron, Fe (mg)	1.8
Sodium, Na (mg)	42

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	20
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	20
Thiamin, Vitamin B1 (mg)	0.09
Riboflavin, Vitamin B2 (mg)	0.14
Niacin (mg)	4.7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	3.76
Fatty acids, monounsaturated, total (g)	5.32
Fatty acids, polyunsaturated, total(g)	1.45
Cholesterol (mg)	-