



Food ID: F117

Food name and Description: Duck blood

Scientific name: *Cairina moschata*

Alternate/Common name(s): Pato dugo

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	83.6
Energy, calculated (kcal)	62
Protein (g)	10.7
Total Fat (g)	0.1
Carbohydrate, total (g)	4.5
Ash, total (g)	1.1

Other Carbohydrate (Food Composition per 100g Edible Portion)

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

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	82
Phosphorus, P (mg)	106
Iron, Fe (mg)	24.5
Sodium, Na (mg)	-

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	40
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	40
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	1.6
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

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