

Republic of the Philippines Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE General Santos Avenue, Bicutan, Taguig City, Philippines



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)                        | - |

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 14:40:59