

**Food ID:** F118**Food name and Description:** Duck breast**Scientific name:** *Cairina moschata***Alternate/Common name(s):** Pato pitso**Edible portion:** 71%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	68.5
Energy, calculated (kcal)	157
Protein (g)	22.8
Total Fat (g)	7.3
Carbohydrate, total (g)	0
Ash, total (g)	1.4

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)	94
Phosphorus, P (mg)	184
Iron, Fe (mg)	2.5
Sodium, Na (mg)	89

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	50
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	50
Thiamin, Vitamin B1 (mg)	0.14
Riboflavin, Vitamin B2 (mg)	0.3
Niacin (mg)	9.5
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.85
Fatty acids, monounsaturated, total (g)	1.89
Fatty acids, polyunsaturated, total(g)	0.92
Cholesterol (mg)	94