

**Food ID:** F119**Food name and Description:** Duck gizzard**Scientific name:** *Cairina moschata***Alternate/Common name(s):** Pato balun-balunan**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	74.7
Energy, calculated (kcal)	108
Protein (g)	22.1
Total Fat (g)	2.2
Carbohydrate, total (g)	0
Ash, total (g)	1

**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)	74
Phosphorus, P (mg)	122
Iron, Fe (mg)	2.9
Sodium, Na (mg)	84

**Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	30
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	30
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.18
Niacin (mg)	5.6
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)	-