

**Food ID:** F120**Food name and Description:** Duck liver**Scientific name:** *Cairina moschata***Alternate/Common name(s):** Pato atay**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	74.5
Energy, calculated (kcal)	116
Protein (g)	15.6
Total Fat (g)	3.8
Carbohydrate, total (g)	4.9
Ash, total (g)	1.2

**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)	48
Phosphorus, P (mg)	206
Iron, Fe (mg)	22.1
Sodium, Na (mg)	127

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

Retinol, Vitamin A (µg)	840
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	840
Thiamin, Vitamin B1 (mg)	0.26
Riboflavin, Vitamin B2 (mg)	0.93
Niacin (mg)	10.8
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	1.18
Fatty acids, monounsaturated, total (g)	0.58
Fatty acids, polyunsaturated, total(g)	0.52
Cholesterol (mg)	422