

**Food ID:** F121**Food name and Description:** Duck thigh**Scientific name:** *Cairina moschata***Alternate/Common name(s):** Pato hita**Edible portion:** 71%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	68.6
Energy, calculated (kcal)	171
Protein (g)	20.5
Total Fat (g)	9.9
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)	65
Phosphorus, P (mg)	156
Iron, Fe (mg)	2.1
Sodium, Na (mg)	38

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	60
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	60
Thiamin, Vitamin B1 (mg)	0.14
Riboflavin, Vitamin B2 (mg)	0.32
Niacin (mg)	4.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	3.33
Fatty acids, monounsaturated, total (g)	4.7
Fatty acids, polyunsaturated, total(g)	1.28
Cholesterol (mg)	-