

**Food ID:** F123**Food name and Description:** Duck, wild, breast**Scientific name:** *Dendrocygna arcuata***Alternate/Common name(s):** Baliwis pitso**Edible portion:** -%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	78.7
Energy, calculated (kcal)	85
Protein (g)	19.9
Total Fat (g)	0.6
Carbohydrate, total (g)	0
Ash, total (g)	0.8

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)	10
Phosphorus, P (mg)	91
Iron, Fe (mg)	1
Sodium, Na (mg)	50

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	35
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	35
Thiamin, Vitamin B1 (mg)	0.16
Riboflavin, Vitamin B2 (mg)	1.45
Niacin (mg)	9.9
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.19
Fatty acids, monounsaturated, total (g)	0.17
Fatty acids, polyunsaturated, total(g)	0.08
Cholesterol (mg)	-