

**Food ID:** F124**Food name and Description:** Duck, wild, thigh**Scientific name:** *Dendrocygna arcuata***Alternate/Common name(s):** Baliwis hita**Edible portion:** -%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	78.5
Energy, calculated (kcal)	85
Protein (g)	19.5
Total Fat (g)	0.8
Carbohydrate, total (g)	0
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)	10
Phosphorus, P (mg)	180
Iron, Fe (mg)	1.8
Sodium, Na (mg)	36

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	1
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	1
Thiamin, Vitamin B1 (mg)	0.08
Riboflavin, Vitamin B2 (mg)	0.89
Niacin (mg)	4.3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.27
Fatty acids, monounsaturated, total (g)	0.36
Fatty acids, polyunsaturated, total(g)	0.11
Cholesterol (mg)	-