



Food ID: H007

Food name and Description: Egg, duck, whole

Scientific name: *N/A*

Alternate/Common name(s): Itlog, pato, buo

Edible portion: 87%

Proximates (Food Composition per 100g Edible Portion)

| | |
|---------------------------|------|
| Water (g) | 70.6 |
| Energy, calculated (kcal) | 177 |
| Protein (g) | 11.7 |
| Total Fat (g) | 12.6 |
| Carbohydrate, total (g) | 4.1 |
| Ash, total (g) | 1 |

Other Carbohydrate (Food Composition per 100g Edible Portion)

| | |
|--------------------------|-----|
| Fiber, total dietary (g) | 0 |
| Sugars, total (g) | 0.9 |

Minerals (Food Composition per 100g Edible Portion)

| | |
|--------------------|-----|
| Calcium, Ca (mg) | 71 |
| Phosphorus, P (mg) | 174 |
| Iron, Fe (mg) | 2.8 |
| Sodium, Na (mg) | 191 |

Vitamins (Food Composition per 100g Edible Portion)

| | |
|---------------------------------------|------|
| Retinol, Vitamin A (µg) | 420 |
| beta-Carotene (µg) | 445 |
| Retinol Activity Equivalent, RAE (µg) | 457 |
| Thiamin, Vitamin B1 (mg) | 0.27 |
| Riboflavin, Vitamin B2 (mg) | 0.56 |
| Niacin (mg) | 0.1 |
| Niacin from tryptophan (mg) | 2.1 |
| Ascorbic Acid, Vitamin C (mg) | 0 |

Lipids (Food Composition per 100g Edible Portion)

| | |
|---|------|
| Fatty acids, saturated, total (g) | 3.37 |
| Fatty acids, monounsaturated, total (g) | 5.97 |
| Fatty acids, polyunsaturated, total(g) | 1.12 |

Cholesterol (mg)

809