

**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

