



Food ID: H008

Food name and Description: Egg, duck, yolk

Scientific name:

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

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	48
Energy, calculated (kcal)	357
Protein (g)	16.4
Total Fat (g)	31
Carbohydrate, total (g)	3.1
Ash, total (g)	1.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	0.6

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	159
Phosphorus, P (mg)	251
Iron, Fe (mg)	1.8
Sodium, Na (mg)	105

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	1370
beta-Carotene (µg)	1410
Retinol Activity Equivalent, RAE (µg)	1488
Thiamin, Vitamin B1 (mg)	0.56
Riboflavin, Vitamin B2 (mg)	0.72
Niacin (mg)	0.2
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	8.62
Fatty acids, monounsaturated, total (g)	17.61
Fatty acids, polyunsaturated, total(g)	2.02
Cholesterol (mg)	1445