

**Food ID:** H015**Food name and Description:** Egg, duck, century**Scientific name:****Alternate/Common name(s):** Century egg/Pidan**Edible portion:** 77%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	58.8
Energy, calculated (kcal)	215
Protein (g)	12.5
Total Fat (g)	11.6
Carbohydrate, total (g)	15.1
Ash, total (g)	2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	5.9

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	58
Phosphorus, P (mg)	122
Iron, Fe (mg)	6.1
Sodium, Na (mg)	385

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	190
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	190
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.19
Niacin (mg)	0
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	3.58
Fatty acids, monounsaturated, total (g)	6.5
Fatty acids, polyunsaturated, total(g)	1.52
Cholesterol (mg)	659