



Republic of the Philippines

Department of Science and Technology

FOOD AND NUTRITION RESEARCH INSTITUTE

General Santos Avenue, Bicutan, Taguig City, Philippines



Food ID: H016

Food name and Description: Egg, duck, fertilized, boiled

Scientific name: N/A

Alternate/Common name(s): Balut, nilaga

Edible portion: 74%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	71.5
Energy, calculated (kcal)	172
Protein (g)	12.8
Total Fat (g)	12.4
Carbohydrate, total (g)	2.2
Ash, total (g)	1.1

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)	101
Phosphorus, P (mg)	180
Iron, Fe (mg)	0.9
Potassium, K (mg)	229
Sodium, Na (mg)	141
Zinc, Zn (mg)	1.7

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (μg)	193
beta-Carotene (μg)	185
Retinol Activity Equivalent, RAE (μg)	208
Thiamin, Vitamin B1 (mg)	0.14
Riboflavin, Vitamin B2 (mg)	0.47
Niacin (mg)	0.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	4.54
Caproic, C6 (g)	0

Caprylic, C8 (g)	0
Capric, C10 (g)	0
Lauric, C12 (g)	0.06
Myristic, C14 (g)	0.21
Palmitic, C16 (g)	3.52
Stearic, C18 (g)	0.72
Arachidic, C20 (g)	0.01
Behenic, C22 (g)	0.01
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	4.5
Oleic , C18:1 (g)	4.46
Fatty acids, polyunsaturated, total(g)	0.5
Linoleic, C18:2 (g)	0.47
Linolenic, C18:3 (g)	0.02
Cholesterol (mg)	726