



Food ID: H017

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

Scientific name:

Alternate/Common name(s): Balut, sisiw

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	86
Energy, calculated (kcal)	55
Protein (g)	9.6
Total Fat (g)	0.7
Carbohydrate, total (g)	2.6
Ash, total (g)	1.1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	0.4

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	110
Phosphorus, P (mg)	114
Iron, Fe (mg)	2
Sodium, Na (mg)	69

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	125
beta-Carotene (µg)	665
Retinol Activity Equivalent, RAE (µg)	180
Thiamin, Vitamin B1 (mg)	0.12
Riboflavin, Vitamin B2 (mg)	0.35
Niacin (mg)	1.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.26
Fatty acids, monounsaturated, total (g)	0.25
Fatty acids, polyunsaturated, total(g)	0.03
Cholesterol (mg)	-