

**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)	-