

**Food ID:** H018**Food name and Description:** Egg, duck, fertilized, white**Scientific name:****Alternate/Common name(s):** Balut, bato**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

| | |
|---------------------------|------|
| Water (g) | 65.7 |
| Energy, calculated (kcal) | 137 |
| Protein (g) | 25.4 |
| Total Fat (g) | 0.6 |
| Carbohydrate, total (g) | 7.6 |
| Ash, total (g) | 0.7 |

Other Carbohydrate (Food Composition per 100g Edible Portion)

| | |
|--------------------------|-----|
| Fiber, total dietary (g) | 0 |
| Sugars, total (g) | 1.1 |

Minerals (Food Composition per 100g Edible Portion)

| | |
|--------------------|-----|
| Calcium, Ca (mg) | 34 |
| Phosphorus, P (mg) | 30 |
| Iron, Fe (mg) | 1.5 |
| Sodium, Na (mg) | 539 |

Vitamins (Food Composition per 100g Edible Portion)

| | |
|---------------------------------------|------|
| Retinol, Vitamin A (µg) | 9 |
| beta-Carotene (µg) | 9 |
| Retinol Activity Equivalent, RAE (µg) | 10 |
| Thiamin, Vitamin B1 (mg) | 0.06 |
| Riboflavin, Vitamin B2 (mg) | 0.09 |
| Niacin (mg) | 0.6 |
| Ascorbic Acid, Vitamin C (mg) | 0 |

Lipids (Food Composition per 100g Edible Portion)

| | |
|---|------|
| Fatty acids, saturated, total (g) | 0.22 |
| Fatty acids, monounsaturated, total (g) | 0.22 |
| Fatty acids, polyunsaturated, total(g) | 0.02 |
| Cholesterol (mg) | - |