



Food ID: H019

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

Scientific name:

Alternate/Common name(s): Balut, pula

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	49.4
Energy, calculated (kcal)	352
Protein (g)	14.8
Total Fat (g)	31.2
Carbohydrate, total (g)	2.9
Ash, total (g)	1.7

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	1.6

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	188
Phosphorus, P (mg)	240
Iron, Fe (mg)	2
Sodium, Na (mg)	102

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	635
beta-Carotene (µg)	465
Retinol Activity Equivalent, RAE (µg)	674
Thiamin, Vitamin B1 (mg)	0.3
Riboflavin, Vitamin B2 (mg)	0.32
Niacin (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	11.42
Fatty acids, monounsaturated, total (g)	11.32
Fatty acids, polyunsaturated, total(g)	1.26
Cholesterol (mg)	-