

Republic of the Philippines Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE General Santos Avenue, Bicutan, Taguig City, Philippines



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)	-

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 12:40:38