



Food ID: H020

Food name and Description: Egg, duck, infertile, boiled

Scientific name: *N/A*

Alternate/Common name(s): Penoy, nilaga

Edible portion: 84%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	67.5
Energy, calculated (kcal)	198
Protein (g)	13.6
Total Fat (g)	14.4
Carbohydrate, total (g)	3.5
Ash, total (g)	1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	1

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	97
Phosphorus, P (mg)	190
Iron, Fe (mg)	1.4
Sodium, Na (mg)	211

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	440
beta-Carotene (µg)	-
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0.22
Riboflavin, Vitamin B2 (mg)	0.41
Niacin (mg)	0.2
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	3.78
Fatty acids, monounsaturated, total (g)	6.7
Fatty acids, polyunsaturated, total(g)	1.26
Cholesterol (mg)	908