



Food ID: H021

Food name and Description: Egg, duck, whole, salted

Scientific name:

Alternate/Common name(s): Itlog, pato, maalat

Edible portion: 83%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	66.5
Energy, calculated (kcal)	192
Protein (g)	13.6
Total Fat (g)	13.3
Carbohydrate, total (g)	4.4
Ash, total (g)	2.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	1.5

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	120
Phosphorus, P (mg)	156
Iron, Fe (mg)	1.8
Sodium, Na (mg)	483

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	140
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	140
Thiamin, Vitamin B1 (mg)	0.28
Riboflavin, Vitamin B2 (mg)	0.47
Niacin (mg)	0.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	4.61
Fatty acids, monounsaturated, total (g)	6.91
Fatty acids, polyunsaturated, total(g)	1.36
Cholesterol (mg)	678