



**Food ID:** R042

**Food name and Description:** Duck meat, pato tim, cnd

**Scientific name:**

**Alternate/Common name(s):** Pato tim, de lata

**Edible portion:** 100%

### **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	76.1
Energy, calculated (kcal)	134
Protein (g)	11
Total Fat (g)	8.7
Carbohydrate, total (g)	2.8
Ash, total (g)	1.4

### **Other Carbohydrate** (Food Composition per 100g Edible Portion)

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

### **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	57
Phosphorus, P (mg)	65
Iron, Fe (mg)	1.4
Sodium, Na (mg)	199

### **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	60
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	2.1
Ascorbic Acid, Vitamin C (mg)	0

### **Lipids** (Food Composition per 100g Edible Portion)

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