

Basic Report 05143, Duck, domesticated, liver, raw

Report Date: January 26, 2015 15:26 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 liver 44g	1 unit (yield from 1 lb ready-to-cook duck) 10g
Proximates				
Water	g	71.78	31.58	7.18
Energy	kcal	136	60	14
Protein	g	18.74	8.25	1.87
Total lipid (fat)	g	4.64	2.04	0.46
Carbohydrate, by difference	g	3.53	1.55	0.35
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	11	5	1
Iron, Fe	mg	30.53	13.43	3.05
Magnesium, Mg	mg	24	11	2
Phosphorus, P	mg	269	118	27
Potassium, K	mg	230	101	23
Sodium, Na	mg	140	62	14
Zinc, Zn	mg	3.07	1.35	0.31
Vitamins				
Vitamin C, total ascorbic acid	mg	4.5	2.0	0.4
Thiamin	mg	0.562	0.247	0.056
Riboflavin	mg	0.892	0.392	0.089
Niacin	mg	6.500	2.860	0.650
Vitamin B-6	mg	0.760	0.334	0.076
Folate, DFE	µg	738	325	74
Vitamin B-12	µg	54.00	23.76	5.40
Vitamin A, RAE	µg	11984	5273	1198
Vitamin A, IU	IU	39907	17559	3991
Lipids				
Fatty acids, total saturated	g	1.440	0.634	0.144

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Fatty acids, total monounsaturated	g	0.710	0.312	0.071
Fatty acids, total polyunsaturated	g	0.630	0.277	0.063
Cholesterol	mg	515	227	52