

Basic Report 05144, Duck, wild, meat and skin, raw
Report Date: July 15, 2019 20:41 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 unit (yield from 1 lb ready-to-cook duck) 239g	0.5 duck 270g
Proximates					
Water	g	66.52	56.54	158.98	179.60
Energy	kcal	211	179	504	570
Protein	g	17.42	14.81	41.63	47.03
Total lipid (fat)	g	15.20	12.92	36.33	41.04
Carbohydrate, by difference	g	0.00	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Minerals					
Calcium, Ca	mg	5	4	12	14
Iron, Fe	mg	4.16	3.54	9.94	11.23
Magnesium, Mg	mg	20	17	48	54
Phosphorus, P	mg	168	143	402	454
Potassium, K	mg	249	212	595	672
Sodium, Na	mg	56	48	134	151
Zinc, Zn	mg	0.77	0.65	1.84	2.08
Vitamins					
Vitamin C, total ascorbic acid	mg	5.2	4.4	12.4	14.0
Thiamin	mg	0.351	0.298	0.839	0.948
Riboflavin	mg	0.269	0.229	0.643	0.726
Niacin	mg	3.317	2.819	7.928	8.956
Vitamin B-6	mg	0.530	0.451	1.267	1.431
Folate, DFE	µg	21	18	50	57
Vitamin B-12	µg	0.65	0.55	1.55	1.75
Vitamin A, RAE	µg	26	22	62	70
Vitamin A, IU	IU	88	75	210	238
Lipids					
Fatty acids, total saturated	g	5.040	4.284	12.046	13.608

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Fatty acids, total monounsaturated	g	6.800	5.780	16.252	18.360
Fatty acids, total polyunsaturated	g	2.020	1.717	4.828	5.454
Cholesterol	mg	80	68	191	216
Amino Acids					
Other					