

Basic Report 01138, Egg, duck, whole, fresh, raw

Report Date: March 18, 2018 21:24 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 egg 70g
Proximates			
Water	g	70.83	49.58
Energy	kcal	185	130
Protein	g	12.81	8.97
Total lipid (fat)	g	13.77	9.64
Carbohydrate, by difference	g	1.45	1.01
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.93	0.65
Minerals			
Calcium, Ca	mg	64	45
Iron, Fe	mg	3.85	2.69
Magnesium, Mg	mg	17	12
Phosphorus, P	mg	220	154
Potassium, K	mg	222	155
Sodium, Na	mg	146	102
Zinc, Zn	mg	1.41	0.99
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.156	0.109
Riboflavin	mg	0.404	0.283
Niacin	mg	0.200	0.140
Vitamin B-6	mg	0.250	0.175
Folate, DFE	µg	80	56
Vitamin B-12	µg	5.40	3.78
Vitamin A, RAE	µg	194	136
Vitamin A, IU	IU	674	472
Vitamin E (alpha-tocopherol)	mg	1.34	0.94

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Vitamin D (D2 + D3)	µg	1.7	1.2
Vitamin D	IU	69	48
Vitamin K (phylloquinone)	µg	0.4	0.3
Lipids			
Fatty acids, total saturated	g	3.681	2.577
Fatty acids, total monounsaturated	g	6.525	4.567
Fatty acids, total polyunsaturated	g	1.223	0.856
Cholesterol	mg	884	619
Amino Acids			
Other			
Caffeine	mg	0	0