

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

Report Date: August 23, 2019 09:38 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 egg 70g
<b>Proximates</b>			
Water	g	70.83	49.58
Energy	kcal	185	130
Energy	kJ	776	543
Protein	g	12.81	8.97
Total lipid (fat)	g	13.77	9.64
Ash	g	1.14	0.80
Carbohydrate, by difference	g	1.45	1.01
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.93	0.65
<b>Minerals</b>			
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
Copper, Cu	mg	0.062	0.043
Manganese, Mn	mg	0.038	0.027
Selenium, Se	µg	36.4	25.5
<b>Vitamins</b>			
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
Pantothenic acid	mg	1.862	1.303

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 egg 70g</b>
Vitamin B-6	mg	0.250	0.175
Folate, total	µg	80	56
Folic acid	µg	0	0
Folate, food	µg	80	56
Folate, DFE	µg	80	56
Choline, total	mg	263.4	184.4
Vitamin B-12	µg	5.40	3.78
Vitamin B-12, added	µg	0.00	0.00
Vitamin A, RAE	µg	194	136
Retinol	µg	192	134
Carotene, beta	µg	14	10
Carotene, alpha	µg	0	0
Cryptoxanthin, beta	µg	12	8
Vitamin A, IU	IU	674	472
Lycopene	µg	0	0
Lutein + zeaxanthin	µg	459	321
Vitamin E (alpha-tocopherol)	mg	1.34	0.94
Vitamin E, added	mg	0.00	0.00
Vitamin D (D2 + D3)	µg	1.7	1.2
Vitamin D3 (cholecalciferol)	µg	1.7	1.2
Vitamin D	IU	69	48
Vitamin K (phylloquinone)	µg	0.4	0.3
<b>Lipids</b>			
Fatty acids, total saturated	g	3.681	2.577
4:0	g	0.000	0.000
6:0	g	0.000	0.000
8:0	g	0.000	0.000
10:0	g	0.000	0.000
12:0	g	0.000	0.000
14:0	g	0.054	0.038
16:0	g	2.996	2.097
18:0	g	0.632	0.442
Fatty acids, total monounsaturated	g	6.525	4.567

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 egg 70g</b>
16:1 undifferentiated	g	0.441	0.309
18:1 undifferentiated	g	6.084	4.259
20:1	g	0.000	0.000
22:1 undifferentiated	g	0.000	0.000
Fatty acids, total polyunsaturated	g	1.223	0.856
18:2 undifferentiated	g	0.558	0.391
18:3 undifferentiated	g	0.102	0.071
18:4	g	0.000	0.000
20:4 undifferentiated	g	0.319	0.223
20:5 n-3 (EPA)	g	0.000	0.000
22:5 n-3 (DPA)	g	0.000	0.000
22:6 n-3 (DHA)	g	0.000	0.000
Cholesterol	mg	884	619
<b>Amino Acids</b>			
Tryptophan	g	0.260	0.182
Threonine	g	0.736	0.515
Isoleucine	g	0.598	0.419
Leucine	g	1.097	0.768
Lysine	g	0.951	0.666
Methionine	g	0.576	0.403
Cystine	g	0.285	0.199
Phenylalanine	g	0.840	0.588
Tyrosine	g	0.613	0.429
Valine	g	0.885	0.620
Arginine	g	0.765	0.536
Histidine	g	0.320	0.224
Alanine	g	0.631	0.442
Aspartic acid	g	0.777	0.544
Glutamic acid	g	1.789	1.252
Glycine	g	0.422	0.295
Proline	g	0.480	0.336
Serine	g	0.963	0.674

**Other**

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 egg 70g</b>
Alcohol, ethyl	g	0.0	0.0
Caffeine	mg	0	0
Theobromine	mg	0	0