

Full Report (All Nutrients) 01138, Egg, duck, whole, fresh, raw

Report Date: August 20, 2017 09:22 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.68 Fat Factor: 9.02 Protein Factor:4.36 Nitrogen to Protein Conversion Factor:6.25

Refuse:12% Refuse Description: Shell

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 egg 70g
Proximates					
Water	g	70.83	13	0.467	49.58
Energy	kcal	185	--	--	130
Energy	kJ	776	--	--	543
Protein	g	12.81	13	0.240	8.97
Total lipid (fat)	g	13.77	18	0.217	9.64
Ash	g	1.14	17	0.077	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
Minerals					
Calcium, Ca	mg	64	6	4.333	45
Iron, Fe	mg	3.85	7	0.475	2.69
Magnesium, Mg	mg	17	1	--	12
Phosphorus, P	mg	220	7	12.345	154
Potassium, K	mg	222	3	79.951	155
Sodium, Na	mg	146	2	--	102
Zinc, Zn	mg	1.41	1	--	0.99
Copper, Cu	mg	0.062	--	--	0.043
Manganese, Mn	mg	0.038	--	--	0.027
Selenium, Se	µg	36.4	--	--	25.5

Vitamins

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 egg 70g
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.156	7	0.023	0.109
Riboflavin	mg	0.404	7	0.036	0.283
Niacin	mg	0.200	5	0.100	0.140
Pantothenic acid	mg	1.862	--	--	1.303
Vitamin B-6	mg	0.250	2	--	0.175
Folate, total	µg	80	1	--	56
Folic acid	µg	0	--	--	0
Folate, food	µg	80	1	--	56
Folate, DFE	µg	80	--	--	56
Choline, total	mg	263.4	--	--	184.4
Vitamin B-12	µg	5.40	2	--	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
Lipids					
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

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 egg 70g
12:0	g	0.000	--	--	0.000
14:0	g	0.054	4	0.009	0.038
16:0	g	2.996	4	0.122	2.097
18:0	g	0.632	4	0.075	0.442
Fatty acids, total monounsaturated	g	6.525	--	--	4.567
16:1 undifferentiated	g	0.441	4	0.032	0.309
18:1 undifferentiated	g	6.084	4	0.239	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	4	0.168	0.391
18:3 undifferentiated	g	0.102	4	0.068	0.071
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.319	4	0.058	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	3	--	619
Amino Acids					
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

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 egg 70g
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					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0