

## Basic Report 05140, Duck, domesticated, meat and skin, cooked, roasted

Report Date: June 18, 2019 13:09 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, chopped or diced 140g	1 unit (yield from 1 lb ready-to-cook duck) 173g	0.5 duck 382g
<b>Proximates</b>					
Water	g	51.84	72.58	89.68	198.03
Energy	kcal	337	472	583	1287
Protein	g	18.99	26.59	32.85	72.54
Total lipid (fat)	g	28.35	39.69	49.05	108.30
Carbohydrate, by difference	g	0.00	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00	0.00
<b>Minerals</b>					
Calcium, Ca	mg	11	15	19	42
Iron, Fe	mg	2.70	3.78	4.67	10.31
Magnesium, Mg	mg	16	22	28	61
Phosphorus, P	mg	156	218	270	596
Potassium, K	mg	204	286	353	779
Sodium, Na	mg	59	83	102	225
Zinc, Zn	mg	1.86	2.60	3.22	7.11
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.174	0.244	0.301	0.665
Riboflavin	mg	0.269	0.377	0.465	1.028
Niacin	mg	4.825	6.755	8.347	18.431
Vitamin B-6	mg	0.180	0.252	0.311	0.688
Folate, DFE	µg	6	8	10	23
Vitamin B-12	µg	0.30	0.42	0.52	1.15
Vitamin A, RAE	µg	63	88	109	241
Vitamin A, IU	IU	210	294	363	802
Vitamin E (alpha-tocopherol)	mg	0.70	0.98	1.21	2.67

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Vitamin D (D2 + D3)	µg	0.1	0.1	0.2	0.4
Vitamin D	IU	3	4	5	11
Vitamin K (phylloquinone)	µg	5.1	7.1	8.8	19.5
<b>Lipids</b>					
Fatty acids, total saturated	g	9.670	13.538	16.729	36.939
Fatty acids, total monounsaturated	g	12.900	18.060	22.317	49.278
Fatty acids, total polyunsaturated	g	3.650	5.110	6.314	13.943
Cholesterol	mg	84	118	145	321
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0