

Full Report (All Nutrients) 05140, Duck, domesticated, meat and skin, cooked, roasted

Report Date: September 22, 2019 22:54 EDT

Nutrient values and weights are for edible portion.

Food Group : Poultry Products

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25

Refuse:35% Refuse Description: Bone

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, chopped or diced 140g	1 unit (yield from 1 lb ready-to-cook duck) 173g	0.5 duck 382g
Proximates							
Water	g	51.84	--	--	72.58	89.68	198.03
Energy	kcal	337	--	--	472	583	1287
Energy	kJ	1410	--	--	1974	2439	5386
Protein	g	18.99	--	--	26.59	32.85	72.54
Total lipid (fat)	g	28.35	--	--	39.69	49.05	108.30
Ash	g	0.82	--	--	1.15	1.42	3.13
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
Minerals							
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
Copper, Cu	mg	0.227	--	--	0.318	0.393	0.867
Manganese, Mn	mg	0.019	--	--	0.027	0.033	0.073
Selenium, Se	µg	20.0	--	--	28.0	34.6	76.4

Vitamins

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, chopped or diced 140g	1 unit (yield from 1 lb ready-to-cook duck) 173g	0.5 duck 382g
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
Pantothenic acid	mg	1.098	--	--	1.537	1.900	4.194
Vitamin B-6	mg	0.180	--	--	0.252	0.311	0.688
Folate, total	µg	6	--	--	8	10	23
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	6	--	--	8	10	23
Folate, DFE	µg	6	--	--	8	10	23
Choline, total	mg	50.4	--	--	70.6	87.2	192.5
Betaine	mg	7.0	--	--	9.8	12.1	26.7
Vitamin B-12	µg	0.30	--	--	0.42	0.52	1.15
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	63	--	--	88	109	241
Retinol	µg	63	--	--	88	109	241
Carotene, beta	µg	0	--	--	0	0	0
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	210	--	--	294	363	802
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.70	--	--	0.98	1.21	2.67
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.1	--	--	0.1	0.2	0.4
Vitamin D3 (cholecalciferol)	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
Lipids							
Fatty acids, total saturated	g	9.670	--	--	13.538	16.729	36.939
4:0	g	0.000	--	--	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, chopped or diced 140g	1 unit (yield from 1 lb ready-to-cook duck) 173g	0.5 duck 382g
10:0	g	0.000	--	--	0.000	0.000	0.000
12:0	g	0.040	--	--	0.056	0.069	0.153
14:0	g	0.170	--	--	0.238	0.294	0.649
16:0	g	6.800	--	--	9.520	11.764	25.976
18:0	g	2.430	--	--	3.402	4.204	9.283
Fatty acids, total monounsaturated	g	12.900	--	--	18.060	22.317	49.278
16:1 undifferentiated	g	1.110	--	--	1.554	1.920	4.240
18:1 undifferentiated	g	11.520	--	--	16.128	19.930	44.006
20:1	g	0.260	--	--	0.364	0.450	0.993
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	3.650	--	--	5.110	6.314	13.943
18:2 undifferentiated	g	3.360	--	--	4.704	5.813	12.835
18:3 undifferentiated	g	0.290	--	--	0.406	0.502	1.108
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	84	--	--	118	145	321
Amino Acids							
Tryptophan	g	0.232	--	--	0.325	0.401	0.886
Threonine	g	0.773	--	--	1.082	1.337	2.953
Isoleucine	g	0.872	--	--	1.221	1.509	3.331
Leucine	g	1.465	--	--	2.051	2.534	5.596
Lysine	g	1.486	--	--	2.080	2.571	5.677
Methionine	g	0.475	--	--	0.665	0.822	1.814
Cystine	g	0.299	--	--	0.419	0.517	1.142
Phenylalanine	g	0.752	--	--	1.053	1.301	2.873
Tyrosine	g	0.640	--	--	0.896	1.107	2.445
Valine	g	0.938	--	--	1.313	1.623	3.583
Arginine	g	1.284	--	--	1.798	2.221	4.905
Histidine	g	0.462	--	--	0.647	0.799	1.765
Alanine	g	1.300	--	--	1.820	2.249	4.966

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Aspartic acid	g	1.814	--	--	2.540	3.138	6.929
Glutamic acid	g	2.798	--	--	3.917	4.841	10.688
Glycine	g	1.624	--	--	2.274	2.810	6.204
Proline	g	1.172	--	--	1.641	2.028	4.477
Serine	g	0.804	--	--	1.126	1.391	3.071
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0

Langual Code(s)

- A0273 POULTRY OR POULTRY PRODUCT (US CFR)
- A1275 0500 POULTRY PRODUCTS (USDA SR)
- B1316 DUCK
- C0267 SKELETAL MEAT PART, WITHOUT BONE, WITH SKIN
- E0152 DIVIDED INTO PIECES
- F0014 FULLY HEAT-TREATED
- G0005 BAKED OR ROASTED
- H0003 NO TREATMENT APPLIED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- Z0003 MEAT COLOR, UNDESIGNATED OR UNKNOWN