

Statistics Report 05140, Duck, domesticated, meat and skin, cooked, roasted

Report Date: July 20, 2019 23:06 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	51.84	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
Energy	kcal	337	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1979
Energy	kJ	1410	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2009
Protein	g	18.99	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
Total lipid (fat)	g	28.35	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
Ash	g	0.82	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
Carbohydrate, by difference	g	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	08/1979
Fiber, total dietary	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	08/1979
Sugars, total	g	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	11/2002
Minerals													
Calcium, Ca	mg	11	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	2.70	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
Magnesium, Mg	mg	16	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
Phosphorus, P	mg	156	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
Potassium, K	mg	204	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
Sodium, Na	mg	59	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
Zinc, Zn	mg	1.86	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
Copper, Cu	mg	0.227	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
Manganese, Mn	mg	0.019	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1979
Selenium, Se	µg	20.0	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/1998
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	08/1979
Thiamin	mg	0.174	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Riboflavin	mg	0.269	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
Niacin	mg	4.825	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
Pantothenic acid	mg	1.098	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
Vitamin B-6	mg	0.180	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
Folate, total	µg	6	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	6	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2009
Folate, DFE	µg	6	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2009
Choline, total	mg	50.4	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2007
Betaine	mg	7.0	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2007
Vitamin B-12	µg	0.30	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	08/2004
Vitamin A, RAE	µg	63	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2009

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Retinol	µg	63	--	--	0	0	--	--	--	--	Calculated or imputed	--	11/2002
Carotene, beta	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2002
Carotene, alpha	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2002
Cryptoxanthin, beta	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2002
Vitamin A, IU	IU	210	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Lycopene	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2002
Lutein + zeaxanthin	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2002
Vitamin E (alpha-tocopherol)	mg	0.70	--	--	0	0	--	--	--	--	Calculated or imputed	--	11/2002
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.1	--	--	0	0	--	--	--	--	Calculated or imputed	05009	03/2009
Vitamin D3 (cholecalciferol)	µg	0.1	--	--	0	0	--	--	--	--	Calculated or imputed	05009	03/2009
Vitamin D	IU	3	--	--	0	0	--	--	--	--	Calculated or imputed	05009	03/2009
Vitamin K (phylloquinone)	µg	5.1	--	--	0	0	--	--	--	--	Calculated or imputed	--	11/2002
Lipids													
Fatty acids, total saturated	g	9.670	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
4:0	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	08/2004
6:0	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	08/2004
8:0	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	08/2004

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10:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
12:0	g	0.040	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
14:0	g	0.170	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
16:0	g	6.800	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
18:0	g	2.430	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
Fatty acids, total monounsaturated	g	12.900	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
16:1 undifferentiated	g	1.110	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
18:1 undifferentiated	g	11.520	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
20:1	g	0.260	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
22:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total polyunsaturated	g	3.650	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
18:2 undifferentiated	g	3.360	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
18:3 undifferentiated	g	0.290	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
18:4	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	08/2004
20:4 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
20:5 n-3 (EPA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
22:5 n-3 (DPA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
22:6 n-3 (DHA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
Cholesterol	mg	84	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
Amino Acids													
Tryptophan	g	0.232	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979

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Threonine	g	0.773	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
Isoleucine	g	0.872	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
Leucine	g	1.465	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
Lysine	g	1.486	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
Methionine	g	0.475	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
Cystine	g	0.299	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
Phenylalanine	g	0.752	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
Tyrosine	g	0.640	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
Valine	g	0.938	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
Arginine	g	1.284	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979

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Histidine	g	0.462	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
Alanine	g	1.300	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
Aspartic acid	g	1.814	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
Glutamic acid	g	2.798	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
Glycine	g	1.624	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
Proline	g	1.172	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
Serine	g	0.804	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1979
Other													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	08/2004
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2002
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2002