

Full Report (All Nutrients) 05144, Duck, wild, meat and skin, raw

Report Date: September 20, 2019 06:23 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:40% Refuse Description: 38% bone, 2% handling loss

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 unit (yield from 1 lb ready-to-cook duck) 239g	0.5 duck 270g
Proximates							
Water	g	66.52	--	--	56.54	158.98	179.60
Energy	kcal	211	--	--	179	504	570
Energy	kJ	883	--	--	751	2110	2384
Protein	g	17.42	--	--	14.81	41.63	47.03
Total lipid (fat)	g	15.20	--	--	12.92	36.33	41.04
Ash	g	1.16	--	--	0.99	2.77	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
Minerals							
Calcium, Ca	mg	5	--	--	4	12	14
Iron, Fe	mg	4.16	--	--	3.54	9.94	11.23
Magnesium, Mg	mg	20	--	--	17	48	54
Phosphorus, P	mg	168	--	--	143	402	454
Potassium, K	mg	249	--	--	212	595	672
Sodium, Na	mg	56	--	--	48	134	151
Zinc, Zn	mg	0.77	--	--	0.65	1.84	2.08
Copper, Cu	mg	0.312	--	--	0.265	0.746	0.842
Manganese, Mn	mg	0.019	--	--	0.016	0.045	0.051
Selenium, Se	µg	12.8	--	--	10.9	30.6	34.6
Vitamins							
Vitamin C, total ascorbic acid	mg	5.2	--	--	4.4	12.4	14.0

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Thiamin	mg	0.351	--	--	0.298	0.839	0.948
Riboflavin	mg	0.269	--	--	0.229	0.643	0.726
Niacin	mg	3.317	--	--	2.819	7.928	8.956
Pantothenic acid	mg	0.701	--	--	0.596	1.675	1.893
Vitamin B-6	mg	0.530	--	--	0.451	1.267	1.431
Folate, total	µg	21	--	--	18	50	57
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	21	--	--	18	50	57
Folate, DFE	µg	21	--	--	18	50	57
Vitamin B-12	µg	0.65	--	--	0.55	1.55	1.75
Vitamin A, RAE	µg	26	--	--	22	62	70
Retinol	µg	26	--	--	22	62	70
Vitamin A, IU	IU	88	--	--	75	210	238
Lipids							
Fatty acids, total saturated	g	5.040	--	--	4.284	12.046	13.608
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
10:0	g	0.000	--	--	0.000	0.000	0.000
12:0	g	0.040	--	--	0.034	0.096	0.108
14:0	g	0.090	--	--	0.076	0.215	0.243
16:0	g	3.480	--	--	2.958	8.317	9.396
18:0	g	1.270	--	--	1.080	3.035	3.429
Fatty acids, total monounsaturated	g	6.800	--	--	5.780	16.252	18.360
16:1 undifferentiated	g	0.610	--	--	0.518	1.458	1.647
18:1 undifferentiated	g	6.060	--	--	5.151	14.483	16.362
20:1	g	0.130	--	--	0.111	0.311	0.351
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	2.020	--	--	1.717	4.828	5.454
18:2 undifferentiated	g	1.850	--	--	1.573	4.421	4.995
18:3 undifferentiated	g	0.170	--	--	0.145	0.406	0.459
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 unit (yield from 1 lb ready-to-cook duck) 239g	0.5 duck 270g
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	80	1	--	68	191	216
Amino Acids							
Tryptophan	g	0.237	--	--	0.201	0.566	0.640
Threonine	g	0.738	--	--	0.627	1.764	1.993
Isoleucine	g	0.878	--	--	0.746	2.098	2.371
Leucine	g	1.449	--	--	1.232	3.463	3.912
Lysine	g	1.468	--	--	1.248	3.509	3.964
Methionine	g	0.465	--	--	0.395	1.111	1.256
Cystine	g	0.269	--	--	0.229	0.643	0.726
Phenylalanine	g	0.723	--	--	0.615	1.728	1.952
Tyrosine	g	0.650	--	--	0.552	1.553	1.755
Valine	g	0.902	--	--	0.767	2.156	2.435
Arginine	g	1.124	--	--	0.955	2.686	3.035
Histidine	g	0.454	--	--	0.386	1.085	1.226
Alanine	g	1.119	--	--	0.951	2.674	3.021
Aspartic acid	g	1.698	--	--	1.443	4.058	4.585
Glutamic acid	g	2.697	--	--	2.292	6.446	7.282
Glycine	g	1.066	--	--	0.906	2.548	2.878
Proline	g	0.894	--	--	0.760	2.137	2.414
Serine	g	0.748	--	--	0.636	1.788	2.020
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0

Languag 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
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- 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

