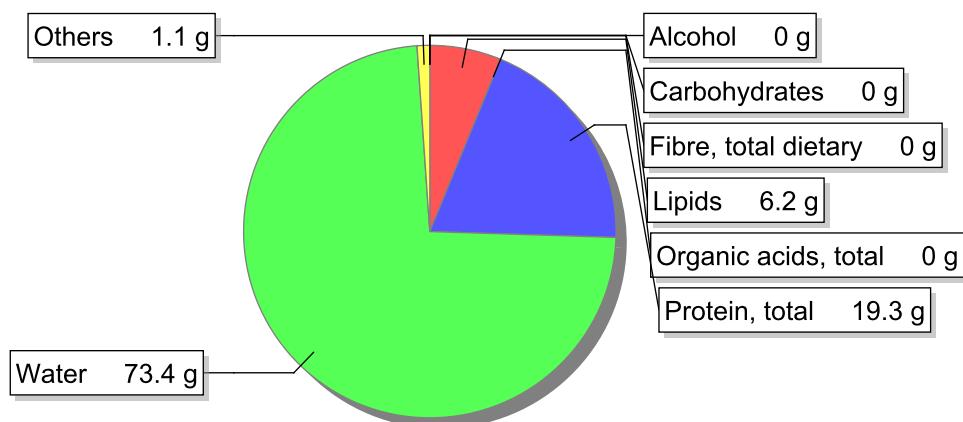


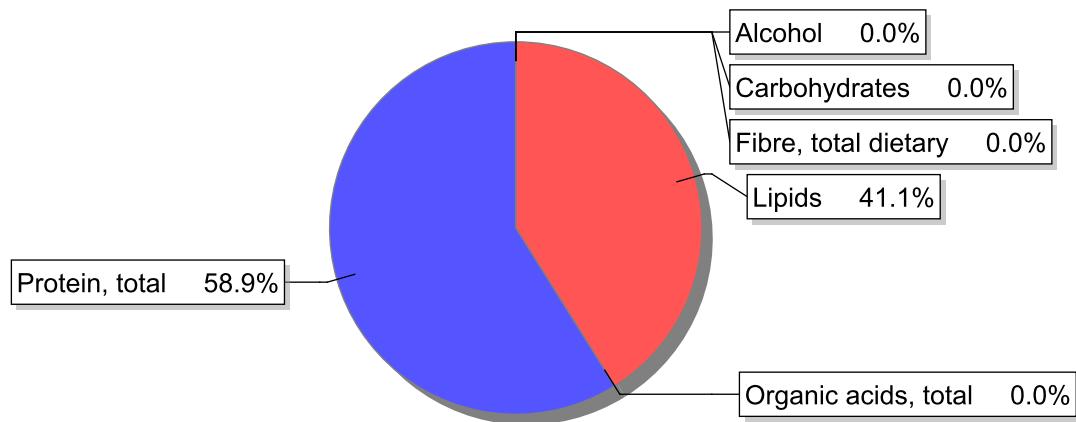
Food

Name: Duck, meat only, raw
Group: Meat and meat products, fowl and game meat
Subgroup: Fowl and game meat
Edible Part: 60%
Code: IS278
FoodEX2 Code: A01SR

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	133	kcal	
energy kJ, total metabolisable	558	kJ	
fatty acids, total saturated	1.6	g	
fatty acids, total monounsaturated	2.7	g	
fatty acids, total polyunsaturated	0.7	g	
fatty acid 18:2 n-6 cis,cis	0.6	g	
fatty acids, total trans	0	g	
sugars, total	0	g	
oligosaccharides, available	0	g	

Name	Value	Unit	Source(s)
fibre, total dietary	0	g	
protein, total	19.3	g	
alcohol	0	g	
water	73.4	g	
organic acids, total	0	g	
cholesterol	93	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	24	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.4	µg	
alpha-tocopherol	0.02	mg	
thiamin	0.36	mg	
riboflavin	0.45	mg	
niacin, preformed	5.3	mg	
niacin equivalents, total	9.5	mg	
niacin equivalents from tryptophan	4.2	mg	
vitamin B-6, total	0.34	mg	
vitamin B-12	3	µg	
vitamin C	0	mg	
folate, total	25	µg	
ash	1.06	g	
sodium	92	mg	
potassium	280	mg	
calcium	12	mg	
phosphorus	200	mg	
magnesium	19	mg	
iron, total	2.4	mg	
zinc	1.9	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References