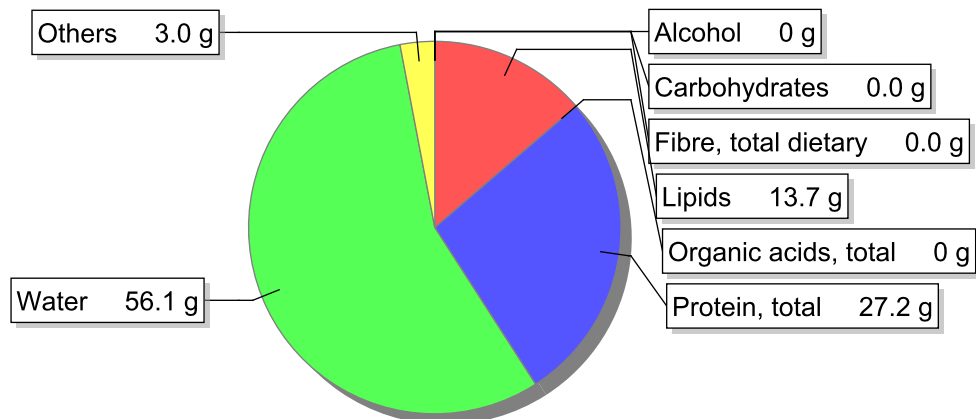


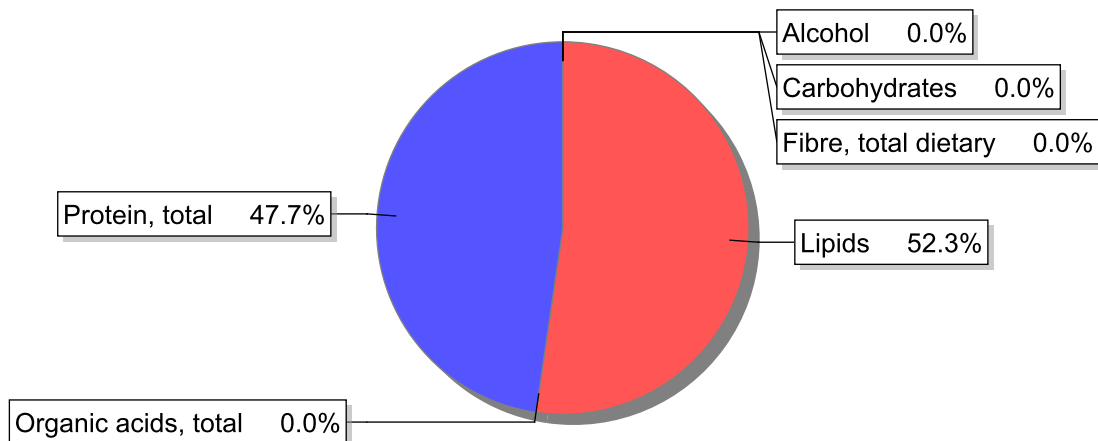
Food

Name: Duck, meat only, stewed with margarine
Group: Meat and meat products, fowl and game meat
Subgroup: Fowl and game meat
Edible Part: 81%
Code: IS279
FoodEX2 Code: A03VY

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	232	kcal	
energy kJ, total metabolisable	969	kJ	
fatty acids, total saturated	4.8	g	
fatty acids, total monounsaturated	4.9	g	
fatty acids, total polyunsaturated	2.4	g	
fatty acid 18:2 n-6 cis,cis	2.09	g	
fatty acids, total trans	0	g	
sugars, total	0.0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0.0	g	
salt	1.5	g	
fibre, total dietary	0.0	g	
protein, total	27.2	g	
alcohol	0	g	
water	56.1	g	
organic acids, total	0	g	
cholesterol	131	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	77	µg	
carotene, total (vitamin A precursors)	63	µg	
vitamin D	0.3	µg	
alpha-tocopherol	0.05	mg	
thiamin	0.26	mg	
riboflavin	0.6	mg	
niacin, preformed	4.5	mg	
niacin equivalents, total	13.4	mg	
niacin equivalents from tryptophan	5.92	mg	
vitamin B-6, total	0.29	mg	
vitamin B-12	2.1	µg	
vitamin C	1.9	mg	
folate, total	19	µg	
ash	2.90	g	
sodium	610	mg	
potassium	210	mg	
calcium	17	mg	
phosphorus	200	mg	
magnesium	23	mg	
iron, total	2.8	mg	
zinc	2.5	mg	

Legend

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

References