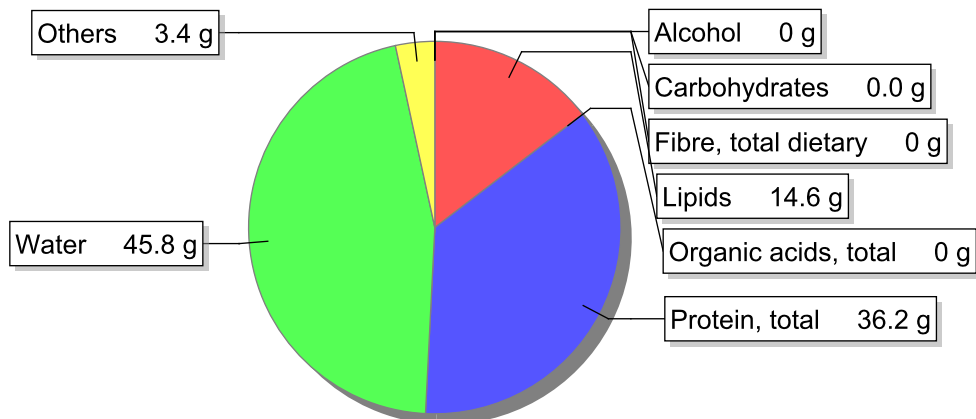


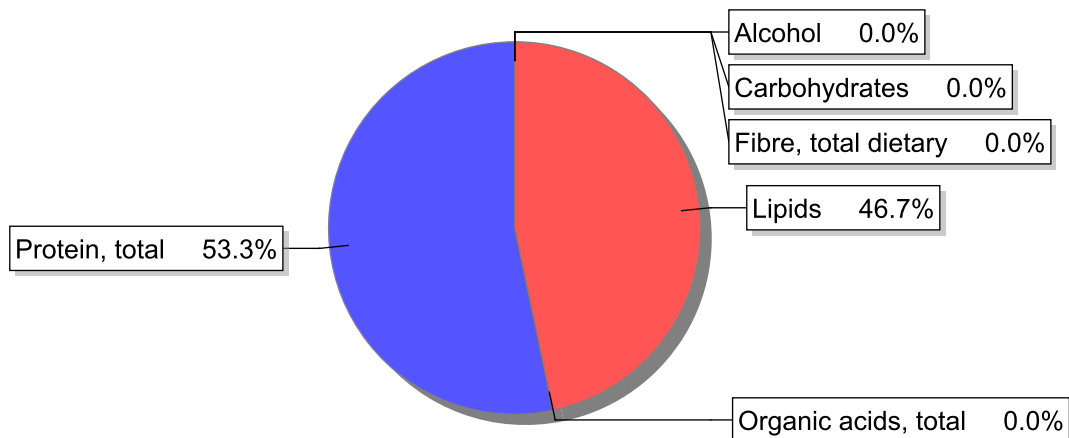
Food

Name: Duck, meat only, roasted with margarine
Group: Meat and meat products, fowl and game meat
Subgroup: Fowl and game meat
Edible Part: 81%
Code: IS281
FoodEX2 Code: A01SR

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

| Name | Value | Unit | Source(s) |
|------------------------------------|-------|------|-----------|
| energy kcal, total metabolisable | 276 | kcal | |
| energy kJ, total metabolisable | 1160 | kJ | |
| fatty acids, total saturated | 4.5 | g | |
| fatty acids, total monounsaturated | 5.7 | g | |
| fatty acids, total polyunsaturated | 2.2 | g | |
| fatty acid 18:2 n-6 cis,cis | 1.88 | g | |
| fatty acids, total trans | 0 | g | |
| sugars, total | 0.0 | g | |
| sucrose | 0 | g | |

| Name | Value | Unit | Source(s) |
|--|-------|------|-----------|
| lactose | 0.0 | g | |
| oligosaccharides, available | 0 | g | |
| fibre, total dietary | 0 | g | |
| protein, total | 36.2 | g | |
| alcohol | 0 | g | |
| water | 45.8 | g | |
| organic acids, total | 0 | g | |
| cholesterol | 174 | mg | |
| vitamin A; retinol equiv from retinol and carotenoid activities | 68 | µg | |
| carotene, total (vitamin A precursors) | 15 | µg | |
| vitamin D | 0.5 | µg | |
| alpha-tocopherol | 0.04 | mg | |
| thiamin | 0.42 | mg | |
| riboflavin | 0.74 | mg | |
| niacin, preformed | 7.9 | mg | |
| niacin equivalents, total | 17.8 | mg | |
| niacin equivalents from tryptophan | 7.87 | mg | |
| vitamin B-6, total | 0.39 | mg | |
| vitamin B-12 | 3.8 | µg | |
| vitamin C | 0 | mg | |
| folate, total | 27 | µg | |
| ash | 3.28 | g | |
| sodium | 670 | mg | |
| potassium | 370 | mg | |
| calcium | 22 | mg | |
| phosphorus | 310 | mg | |
| magnesium | 33 | mg | |
| iron, total | 4.3 | mg | |
| zinc | 3.6 | mg | |

Legend

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

References