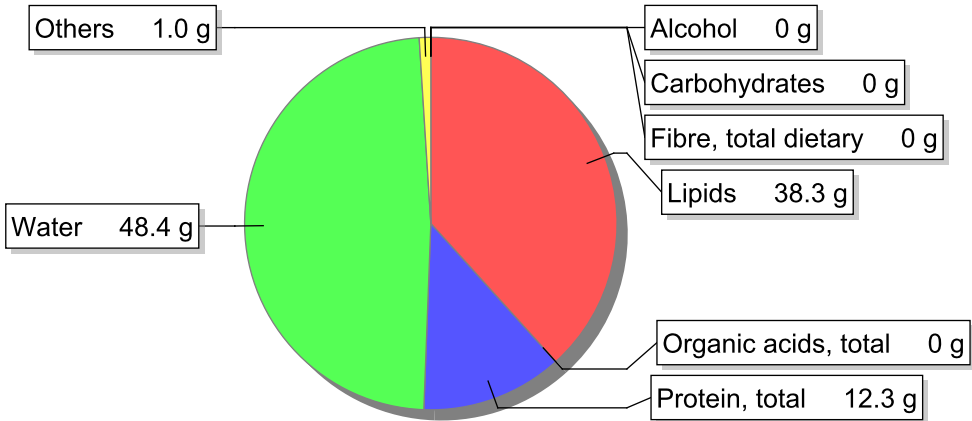


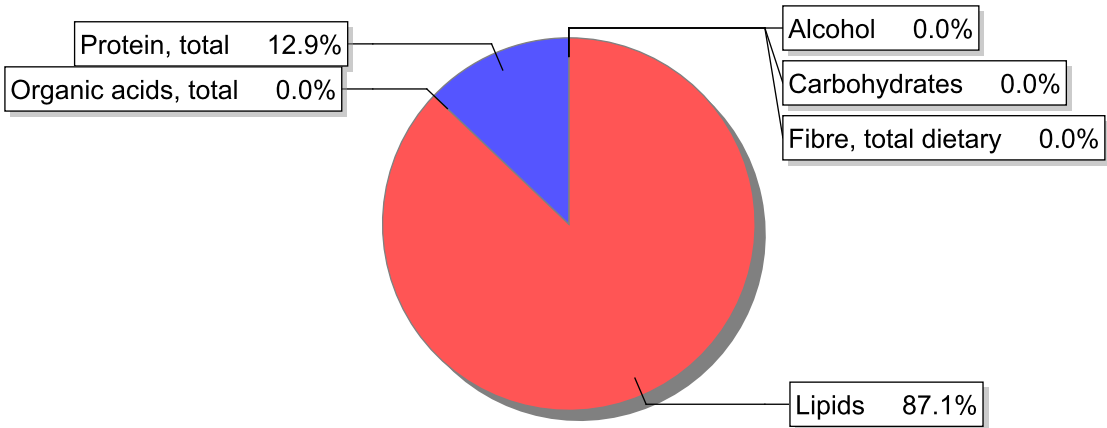
Food

Name: Duck, meat and skin, raw
Group: Meat and meat products, fowl and game meat
Subgroup: Fowl and game meat
Edible Part: 75%
Code: IS277
FoodEX2 Code: A01SR

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	394	kcal	
energy kJ, total metabolisable	1630	kJ	
fatty acids, total saturated	9.7	g	
fatty acids, total monounsaturated	16.9	g	
fatty acids, total polyunsaturated	4.3	g	
fatty acid 18:2 n-6 cis,cis	3.7	g	
fatty acids, total trans	0.2	g	
sugars, total	0	g	
oligosaccharides, available	0	g	

Name	Value	Unit	Source(s)
fibre, total dietary	0	g	
protein, total	12.3	g	
alcohol	0	g	
water	48.4	g	
organic acids, total	0	g	
cholesterol	74	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	51	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	1.4	µg	
alpha-tocopherol	0.02	mg	
thiamin	0.17	mg	
riboflavin	0.36	mg	
niacin, preformed	3.7	mg	
niacin equivalents, total	6	mg	
niacin equivalents from tryptophan	2.3	mg	
vitamin B-6, total	0.26	mg	
vitamin B-12	2	µg	
vitamin C	0	mg	
folate, total	10	µg	
ash	0.95	g	
sodium	68	mg	
potassium	200	mg	
calcium	10	mg	
phosphorus	130	mg	
magnesium	15	mg	
iron, total	1.9	mg	
zinc	1.3	mg	

Legend

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

References