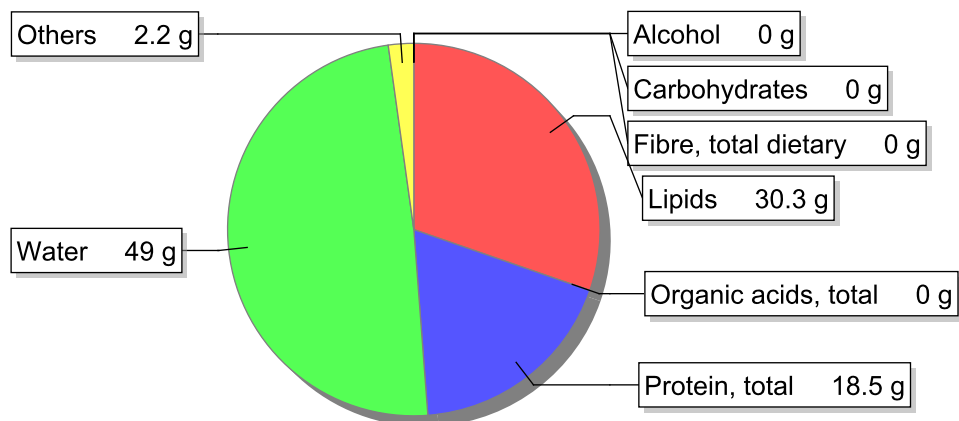


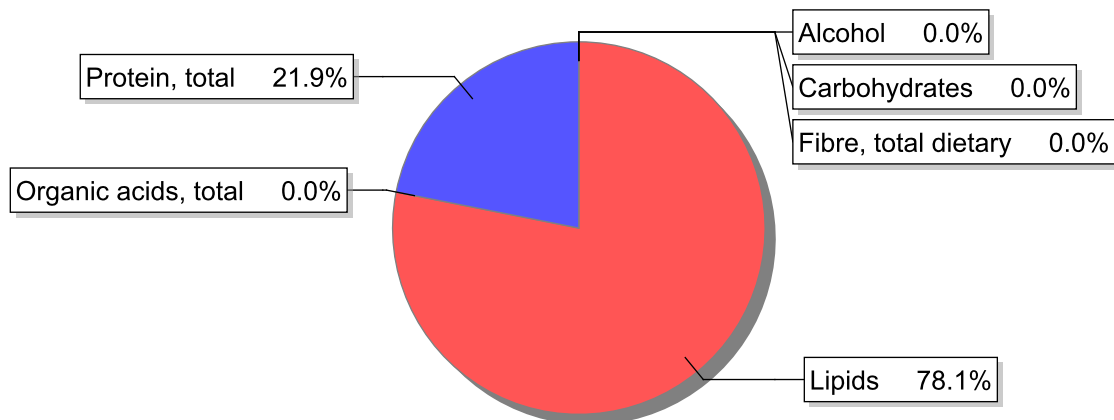
Food

Name: Duck, meat and skin, roasted, no sauce
Group: Meat and meat products, fowl and game meat
Subgroup: Fowl and game meat
Edible Part: 75%
Code: IS280
FoodEX2 Code: A01SR

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	347	kcal	
energy kJ, total metabolisable	1440	kJ	
fatty acids, total saturated	7.7	g	
fatty acids, total monounsaturated	13.4	g	
fatty acids, total polyunsaturated	3.4	g	
fatty acid 18:2 n-6 cis,cis	2.9	g	
fatty acids, total trans	0.2	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
starch, total	0	g	
protein, total	18.5	g	
alcohol	0	g	
water	49	g	
organic acids, total	0	g	
cholesterol	98	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	30	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.9	µg	
alpha-tocopherol	0	mg	
thiamin	0.17	mg	
riboflavin	0.5	mg	
niacin, preformed	4.6	mg	
niacin equivalents, total	8.6	mg	
niacin equivalents from tryptophan	4	mg	
vitamin B-6, total	0.26	mg	
vitamin B-12	2.2	µg	
vitamin C	0	mg	
folate, total	7.8	µg	
ash	2.20	g	
sodium	310	mg	
potassium	280	mg	
calcium	16	mg	
phosphorus	170	mg	
magnesium	23	mg	
iron, total	2.9	mg	
zinc	2	mg	

Legend

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

References