

# Duck Egg nutritional facts

## Duck Eggs (70g)

- Calories: 130
- Total Fat: 10g
- Cholesterol: 619mg
- Sodium: 102mg
- Total Carbohydrate: 1g
- Protein: 9g

### Nutrition Facts

Serving Size 70 g

#### Amount Per Serving

Calories 130      Calories from Fat 87

% Daily Value\*

Total Fat 10g      15%

Saturated Fat 3g      13%

Trans Fat

Cholesterol 619mg      206%

Sodium 102mg      4%

Total Carbohydrate 1g      0%

Dietary Fiber 0g      0%

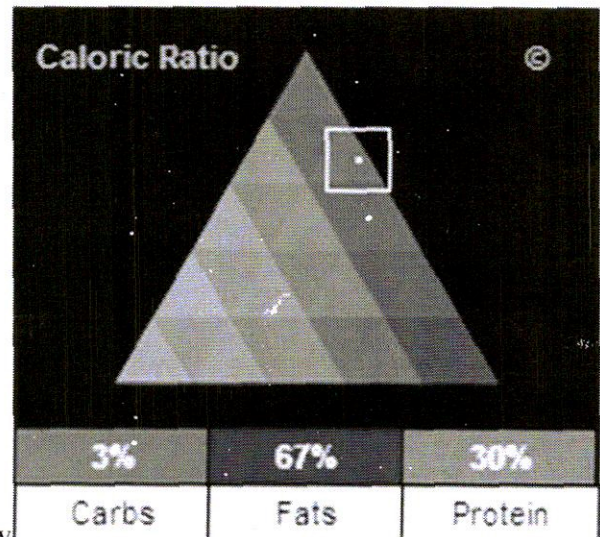
Sugars 1g

Protein 9g

Vitamin A 9% • Vitamin C 0%

Calcium 4% • Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Duck Egg, Raw

Duck Egg Caloric Ratio

## What Are The Benefits To Eating Duck Eggs?

- Duck eggs stay fresher longer, due to their thicker shell.
- Duck eggs are richer, with more albumen, which makes cakes and other pastries fluffier.
- Duck eggs have more Omega-3 fatty acids.
- People who cannot eat chicken eggs, due to allergies, can often eat duck eggs.