

# Microblog: Nutrition Facts of Poultry Eggs

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## Nutrition Facts

# POULTRY EGG NUTRITION

nutritionwithjudy



## Duck Eggs



## Chicken Eggs

### MINERALS

Calcium, Ca	mg	64	Calcium, Ca	mg	49
Iron, Fe	mg	3.85	Iron, Fe	mg	1.44
Magnesium, Mg	mg	17	Magnesium, Mg	mg	10
Phosphorus, P	mg	220	Phosphorus, P	mg	178
Potassium, K	mg	222	Potassium, K	mg	121
Sodium, Na	mg	146	Sodium, Na	mg	126
Zinc, Zn	mg	1.41	Zinc, Zn	mg	1.10
Copper, Cu	mg	0.062	Copper, Cu	mg	0.014
Manganese, Mn	mg	0.038	Manganese, Mn	mg	0.024
Selenium, Se	mcg	36.4	Selenium, Se	mcg	30.8

You can purchase duck eggs online and at farmers markets. You can sometimes find them at whole foods-type markets. Otherwise you'll have to find a local farmer that sells duck eggs.

🚩 So why do some that have sensitivities to chicken eggs have no issues with duck eggs? There are studies that show that most allergens to eggs are not IgE anaphylactic (read: EpiPen-needing) allergens but egg sensitivities (read: rash) and gastrointestinal disorders (read: abdominal pain, vomiting, diarrhea).

🔍 Both yolk and whites can be allergenic, but the whites are the more common culprit. Although eggs contain over 40 proteins, 5 have been identified as the most common allergens.

🍳 Protein content varies among different bird eggs. One of the common allergens albumen makes up 12% of a chicken egg white, but only 2% of a duck egg white.

📖 A study found, it is possible to have a cross-reactive allergic response to different bird eggs, but they also found if you are

allergic to one, you may not be allergic to the other.

If you have protein sensitivities to chicken egg whites but not duck, it may be because:

- 1 ducks having less egg whites,
- 2 ducks have less of the common protein allergens in chicken eggs and
- 3 you just may not have the same food sensitivities with different poultry.

💡 You never know unless you try.

🍳 On the nutrition-front, duck eggs are higher in omega 3s, vitamin D, vitamin A, Folate, B12, and cholesterol—even when comparing gram for gram. In fact, duck eggs have 6x the Vitamin D, 2x the Vitamin A, and 2x the cholesterol than chicken eggs. Duck contains about 75% of the Vitamin E in chicken eggs.

📖 The mineral content of duck eggs and chicken eggs are similar. Duck eggs contain slightly higher amounts of all these minerals.

🍳 The vitamin content is also similar, with duck eggs having a higher amount of each vitamin, including thiamin, niacin, riboflavin, pantothenic acid, folate, vitamin B6, vitamin D, vitamin E, vitamin A, vitamin B12 and retinol.

📖 The amino acid content profile is also similar for both eggs, with ducks containing more amounts of each amino acids.

# Quail Eggs



Serving Size 1 egg (9g)

Amount Per Serving	
<b>Calories 14</b>	
	<b>% Daily Values*</b>
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0.3g	<b>2%</b>
Trans Fat 0g	
Polyunsaturated Fat 0.1g	
Monounsaturated Fat 0.4g	
<b>Cholesterol</b> 76mg	<b>25%</b>
<b>Potassium</b> 12mg	<b>0%</b>
<b>Sodium</b> 13mg	<b>1%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 1.2g	<b>2%</b>
Iron 1%	• Vitamin D 1%
Vitamin B12 1%	

# Chicken Eggs



Serving Size 1 egg (50g)

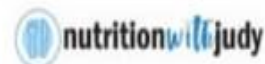
Amount Per Serving	
<b>Calories 78</b>	
	<b>% Daily Values*</b>
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 1.6g	<b>8%</b>
Trans Fat 0g	
Polyunsaturated Fat 0.7g	
Monounsaturated Fat 2g	
<b>Cholesterol</b> 211mg	<b>70%</b>
<b>Potassium</b> 63mg	<b>2%</b>
<b>Sodium</b> 70mg	<b>3%</b>
<b>Total Carbohydrate</b> 0.6g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0.6g	
<b>Protein</b> 6g	<b>12%</b>
Vitamin A 5%	• Calcium 2%
Iron 3%	• Vitamin D 11%
Vitamin B6 5%	• Vitamin B12 10%
Magnesium 1%	

# Goose Eggs



Serving Size 1 egg (144g)

Amount Per Serving	
<b>Calories 267</b>	
	<b>% Daily Values*</b>
<b>Total Fat</b> 19g	<b>29%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
Polyunsaturated Fat 2.4g	
Monounsaturated Fat 8g	
<b>Cholesterol</b> 1227mg	<b>409%</b>
<b>Potassium</b> 302mg	<b>9%</b>
<b>Sodium</b> 199mg	<b>8%</b>
<b>Total Carbohydrate</b> 1.9g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 1.4g	
<b>Protein</b> 20g	<b>40%</b>
Vitamin A 18%	• Calcium 8%
Iron 28%	• Vitamin D 23%
Vitamin B6 15%	• Vitamin B12 121%
Magnesium 5%	



# Duck Eggs



Serving Size 1 egg (70g)

Amount Per Serving	
<b>Calories 130</b>	
Calories from Fat 87	
	<b>% Daily Values*</b>
<b>Total Fat</b> 9.64g	<b>15%</b>
Saturated Fat 2.58g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 619mg	<b>206%</b>
<b>Potassium</b> 155.4mg	<b>4%</b>
<b>Sodium</b> 102mg	<b>4%</b>
<b>Total Carbohydrate</b> 1.01g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0.65g	
<b>Protein</b> 8.97g	<b>18%</b>
Vitamin A 9%	• Calcium 4%
Iron 15%	

