

# Nutritional Comparison of Duck and Chicken Eggs

Amount of Nutrients in 100 grams of Fresh Eggs

<u>Nutrients</u>	<u>Duck</u>	<u>Chicken</u>
Water, g	<b>74.57</b>	70.83
K cal	<b>185</b>	158
Protein, g	<b>12.81</b>	12.14
Lipids, g	<b>13.77</b>	11.15
<b><u>Minerals</u></b>		
Calcium, mg	<b>64</b>	56
Iron, mg	<b>3.85</b>	2.09
Magnesium, mg	<b>16</b>	12
Phosphorus, mg	<b>220</b>	180
Potassium, mg	<b>222</b>	130
Sodium, mg	<b>146</b>	138
Zinc, mg	1.41	<b>1.44</b>
<b><u>Vitamins</u></b>		
Thiamin, mg	<b>.156</b>	.087
Riboflavin, mg	<b>.404</b>	.301
Niacin, mg	<b>.200</b>	.062
B6, mg	<b>.250</b>	.120
B12, mg	<b>5.395</b>	1.547
A, IU	<b>1328</b>	520
<b><u>Lipids</u></b>		
Total saturated, g	<b>3.68</b>	3.35
Total monounsaturated, g	<b>6.52</b>	4.46
Total polyunsaturated, g	1.22	<b>1.45</b>
Cholesterol, mg	<b>884</b>	548
<b><u>Amino Acids</u></b>		
Lysine, g	<b>.951</b>	.820
Methionine, g	<b>.576</b>	.392
Cystine, g	.285	<b>.289</b>
Threonine, g	<b>.736</b>	.596
Isoleucine, g	.598	<b>.759</b>
Phenylalanine, g	<b>.840</b>	.686

\*\*\***Higher nutrient numbers are in bold**\*\*\*

Excerpts from "Properties and Food Uses of Duck Eggs" by Rhodes, Adams, Bennett and Feeney of the University of Nebraska

The greater stability of Khaki Campbell duck eggs compared to chicken eggs is shown... **Compared to refrigerated control** eggs, duck eggs showed only small changes in white index, yolk index, or yolk height, **even when stored for 7 days at 99 degrees**. Chicken eggs, however, showed extensive changes.

The results clearly show that no important differences between duck and chicken eggs were found and no off flavors were apparent after three months of refrigerated storage.

The characteristics which were considered favorable to duck eggs were the greater stability to deterioration, the less pronounced chalazae, the reduced darkening around the yolks of boiled eggs, the reduced sulfur odor, and the lack of yellow color in the white. The duck egg white had very poor whipping properties compared to chicken egg white. Nevertheless, the whipping properties and the angel-cake-baking characteristics were greatly improved by acidification of the duck egg white. This was easily achieved by the addition of 2 tablespoons of lemon juice to the one and one-half cups of duck egg white used in making angel cakes.