

## Nutritional Comparison of Chicken, Duck, and Goose Eggs

Per 100 Grams of Egg

**Note:** Values are given per 100 grams to demonstrate nutrient density. Egg sizes vary, so the following should not be construed to be as per egg values. For reference small chicken eggs are 38 grams, medium eggs are 44 g, large are 50 g, extra large are 56 g, and jumbo are 63 g. Duck eggs tend to be around the jumbo size, while goose eggs weigh about 144 g.

	units	Chicken	Duck	Diff	Goose
<b>Proximates</b>					
Water	g	76.16	70.83	93%	70.43
Energy	kcal	143	185	129%	185
Protein	g	12.56	12.81	102%	13.87
Total lipid (fat)	g	9.51	13.77	145%	13.27
Carbohydrate, by difference	g	0.72	1.45	201%	1.35
Sugars, total	g	0.37	0.93	251%	0.94
<b>Minerals</b>					
Calcium, Ca	mg	56	64	114%	60
Iron, Fe	mg	1.75	3.85	220%	3.64
Magnesium, Mg	mg	12	17	142%	16
Phosphorus, P	mg	198	220	111%	208
Potassium, K	mg	138	222	161%	210
Sodium, Na	mg	142	146	103%	138
Zinc, Zn	mg	1.29	1.41	109%	1.33
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0	0%		0
Thiamin	mg	0.04	0.156	390%	0.147
Riboflavin	mg	0.457	0.404	88%	0.382
Niacin	mg	0.075	0.2	267%	0.189
Vitamin B-6	mg	0.17	0.25	147%	0.236
Folate, DFE	mcg_DFE	47	80	170%	76
Vitamin B-12	µg	0.89	5.4	607%	5.1
Vitamin A, RAE	mcg_RAE	160	194	121%	187
Vitamin A, IU	IU	540	674	125%	650
Vitamin E (alpha-tocopherol)	mg	1.05	1.34	128%	1.29
Vitamin D (D2+D3)	µg	2	1.7	85%	1.7
Vitamin D	IU	82	69	84%	66
Vitamin K (phylloquinone)	µg	0.3	0.4	133%	0.4
<b>Lipids</b>					
Fatty acids, total saturated	g	3.126	3.681	118%	3.595
Fatty acids, total monounsaturated	g	3.658	6.525	178%	5.747
Fatty acids, total polyunsaturated	g	1.911	1.223	64%	1.672
Cholesterol	mg	372	884	238%	852

Source: USDA Nutrient Database for Standard Reference, Release 24, Dec. 2011

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