

Recipe Analysis Report

Detail Information Per Portion

Duck Wellington - Centro

Analysis Accepted (RHYLIEHODNETT,17-JUL-25)

Category: Entrees:Poultry:Other Fowl

Yield: 4
Portion: 6 ounce

Nutrient Link	Source	Grams	Calo ries (kcal)	Pro tein (gm)	Fat (gm)	Carbo hydrat (gm)	Chol estrol (mg)	Cal cium (mg)	Sodium (mg)	Iron (mg)
Duck,Domesticated,Meat Only,Cooked,Roasted	USDA	21	43	5.0	2.4	0.0	19	3	14	0.57
Puff Pastry,Frozen,Ready-To-Bake	USDA	7	39	0.5	2.7	3.2	0	1	18	0.18
Totals Per Portion		28	82	5.5	5.1	3.2	19	3	31	0.76
Totals Per 100 Grams		100	289	19.4	17.9	11.3	67	12	111	2.67
Actual Calorie Distribution / Portion				22.0	45.7	12.8				
Daily Value			2000	50.0	78.0	275.0	300	1300	2300	18.00
Recommended Calorie Distribution (%)				15.0	30.0	55.0				
Percent Calorie Distribution (%)				27.4	56.8	15.9				

+ Indicates nutrient value calculated from partial information.