

# Paleo Foods: Duck Eggs

[paleoleap.com/eat-duck-eggs/](http://paleoleap.com/eat-duck-eggs/)

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Imagine a perfect egg cooked medium-hard: a soft and creamy yolk just bordering on runny, delicious with a grind of black pepper and a sprinkle of salt. Crack it over a big plate of roasted vegetables with some crispy bacon and dig in at any time of day!

Now imagine a different egg, with a yolk even richer and even bigger relative to the white – if the chicken egg is a very serviceable Honda, this is the Cadillac of eggs. It's so luxuriously good you can barely believe it's healthy – but in fact, it's even *more* nutritious than its smaller, paler cousin.

And best of all, this delicious gift of nature is actually quite widely available and getting increasingly popular: it's a duck egg.



## Duck Eggs and Nutrition

Chicken eggs are one of the most nutritious Paleo foods around. But take a look at how duck eggs stack up:

(The percentage listed is the % Daily Value, which [isn't perfect](#), but works well enough to give you an idea of what kind of numbers you're talking about).

| Nutrient                         | Chicken egg (1 egg) | Duck egg (1 egg) |
|----------------------------------|---------------------|------------------|
| Iron (mg)                        | 0.9 (5%)            | 2.70 (15%)       |
| Phosphorus (mg)                  | 95.5 (10%)          | 154 (15%)        |
| Zinc (mg)                        | 0.6 (4%)            | 1 (7%)           |
| Selenium (mcg)                   | 15.8 (23%)          | 25.5 (36%)       |
| Vitamin A (IU)                   | 244 (5%)            | 472 (9%)         |
| Vitamin E (mg)                   | 0.5 (2%)            | 0.9 (5%)         |
| Thiamin/Vitamin B1 (mg)          | 0.02 (2%)           | 0.1 (7%)         |
| Riboflavin/Vitamin B2 (mg)       | 0.2 (14%)           | 0.3 (17%)        |
| Vitamin B6 (mg)                  | 0.1 (4%)            | 0.2 (9%)         |
| Folate/Vitamin B9 (mcg)          | 23.5 (6%)           | 56 (14%)         |
| Vitamin B12 (mcg)                | 0.6 (11%)           | 3.8 (63%)        |
| Pantothenic Acid/Vitamin B5 (mg) | 0.7 (7%)            | 1.3 (13%)        |

|                       |      |      |
|-----------------------|------|------|
| Choline (mg)*         | 126  | 184  |
| Total Omega-3s (mg)*  | 37   | 71.4 |
| Total protein (grams) | 6.28 | 8.97 |

\*There is currently no %DV for choline or Omega-3 fats.

Duck eggs win hands-down, probably because proportionally they have much more [yolk](#) (where all the nutritional goodness is) and much less white (which is just empty protein). More micronutrients, more protein, *and* more Omega-3s.

A few of these nutrients are particularly notable because there aren't many sources of them aside from eggs:

- **Choline** is incredibly important for [liver health](#): there's some evidence that fatty liver disease is very closely connected with choline deficiency. Egg yolks are a staple dietary source of choline (if you don't eat organ meats, they're probably by far the biggest source of choline in your diet), and duck eggs simply have more.
- **Folate**, or Vitamin B9, is especially important for mental health, pregnant women and nursing mothers. Eggs are a key source on Paleo because many other sources – like beans and lentils – are out. One duck egg has over twice as much folate as one chicken egg.

Duck eggs also have other benefits as well. **The whites of duck eggs may have [different proteins than the whites of chicken eggs](#)**, and some people can tolerate duck eggs even if they [can't tolerate chicken eggs](#). So if you're struggling to find good breakfast options, check with a doctor to see whether duck eggs might be a better alternative for you than chicken.

It's also worth noting that duck eggs are still a specialty food sold primarily by people who really care about food quality. This means that the ducks that produce duck eggs are **rarely fed soy or wheat**: if you're sensitive to even the slightest trace of these things in the eggs, duck eggs are probably a safer choice.

## Cooking with Duck Eggs

So, you're now the proud possessor of a dozen (or half a dozen; often you can get half-cartons to try) duck eggs! Now what?

You can use duck eggs almost anywhere you'd use chicken, provided that you account for the larger size of the duck eggs (roughly 2 duck to 3 chicken eggs, although it varies depending on your recipe and the relative sizes of your eggs). Here are some ideas:

- Hard- or soft-boiled, fried, or scrambled duck eggs are great: make sure to leave the yolk a little soft so you can get the most out of that creamy texture! Any [seasonings](#) that go well with chicken eggs will also be good with duck.
- [Salted duck eggs](#) are a traditional staple of Chinese cooking.
- [Salt-cured egg yolks](#) are a delicious way to make something "cheesy" without the cheese.
- [Duck egg mayonnaise](#): if you thought mayo couldn't get any better, you thought wrong.
- [Ducky coconut flour biscuits](#): baking with duck eggs isn't just for unhealthy food!

You could also make any kind of frittata or omelet with duck eggs just to enjoy that rich, delicious flavor.

## Summing it Up

You can eat Paleo without ever touching a duck egg, but it's always nice to have luxuries, and duck eggs are a great way to give yourself a treat that's also a true "treat" for your health. They have a much richer flavor and a creamier yolk than chicken eggs, with roughly twice the nutrient content to boot – and you can cook them just about any way you'd cook any other type of eggs. Why not give them a try?

