

Basic Report 09164, Litchis, raw

Report Date: July 21, 2019 23:34 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 190g	1 fruit without refuse 9.6g
Proximates				
Water	g	81.76	155.34	7.85
Energy	kcal	66	125	6
Protein	g	0.83	1.58	0.08
Total lipid (fat)	g	0.44	0.84	0.04
Carbohydrate, by difference	g	16.53	31.41	1.59
Fiber, total dietary	g	1.3	2.5	0.1
Sugars, total	g	15.23	28.94	1.46
Minerals				
Calcium, Ca	mg	5	10	0
Iron, Fe	mg	0.31	0.59	0.03
Magnesium, Mg	mg	10	19	1
Phosphorus, P	mg	31	59	3
Potassium, K	mg	171	325	16
Sodium, Na	mg	1	2	0
Zinc, Zn	mg	0.07	0.13	0.01
Vitamins				
Vitamin C, total ascorbic acid	mg	71.5	135.8	6.9
Thiamin	mg	0.011	0.021	0.001
Riboflavin	mg	0.065	0.123	0.006
Niacin	mg	0.603	1.146	0.058
Vitamin B-6	mg	0.100	0.190	0.010
Folate, DFE	µg	14	27	1
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.07	0.13	0.01

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	0.4	0.8	0.0
Lipids				
Fatty acids, total saturated	g	0.099	0.188	0.010
Fatty acids, total monounsaturated	g	0.120	0.228	0.012
Fatty acids, total polyunsaturated	g	0.132	0.251	0.013
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0