

Full Report (All Nutrients) 09164, Litchis, raw

Report Date: August 17, 2019 16:47 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Common Name: lychee

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Refuse:40% Refuse Description: Shell and seeds

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 190g	1 fruit without refuse 9.6g
Proximates						
Water	g	81.76	9	1.010	155.34	7.85
Energy	kcal	66	--	--	125	6
Energy	kJ	276	--	--	524	26
Protein	g	0.83	7	0.040	1.58	0.08
Total lipid (fat)	g	0.44	7	0.130	0.84	0.04
Ash	g	0.44	6	0.050	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	7	1.000	10	0
Iron, Fe	mg	0.31	5	0.060	0.59	0.03
Magnesium, Mg	mg	10	2	--	19	1
Phosphorus, P	mg	31	7	3.000	59	3
Potassium, K	mg	171	5	23.000	325	16
Sodium, Na	mg	1	3	0.000	2	0
Zinc, Zn	mg	0.07	1	--	0.13	0.01
Copper, Cu	mg	0.148	1	--	0.281	0.014
Manganese, Mn	mg	0.055	1	--	0.104	0.005
Selenium, Se	µg	0.6	--	--	1.1	0.1

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 190g	1 fruit without refuse 9.6g
Vitamins						
Vitamin C, total ascorbic acid	mg	71.5	14	10.200	135.8	6.9
Thiamin	mg	0.011	2	--	0.021	0.001
Riboflavin	mg	0.065	3	0.009	0.123	0.006
Niacin	mg	0.603	3	0.147	1.146	0.058
Vitamin B-6	mg	0.100	--	--	0.190	0.010
Folate, total	µg	14	--	--	27	1
Folic acid	µg	0	--	--	0	0
Folate, food	µg	14	--	--	27	1
Folate, DFE	µg	14	--	--	27	1
Choline, total	mg	7.1	--	--	13.5	0.7
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	1	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	0	1	--	0	0
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.07	--	--	0.13	0.01
Vitamin E, added	mg	0.00	--	--	0.00	0.00
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
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 190g	1 fruit without refuse 9.6g
14:0	g	0.002	--	--	0.004	0.000
16:0	g	0.070	--	--	0.133	0.007
18:0	g	0.024	--	--	0.046	0.002
Fatty acids, total monounsaturated	g	0.120	--	--	0.228	0.012
16:1 undifferentiated	g	0.001	--	--	0.002	0.000
18:1 undifferentiated	g	0.119	--	--	0.226	0.011
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.132	--	--	0.251	0.013
18:2 undifferentiated	g	0.067	--	--	0.127	0.006
18:3 undifferentiated	g	0.065	--	--	0.123	0.006
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan	g	0.007	1	--	0.013	0.001
Lysine	g	0.041	1	--	0.078	0.004
Methionine	g	0.009	1	--	0.017	0.001
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Langual Code(s)

- A0143 FRUIT OR FRUIT PRODUCT (US CFR)
- A1279 0900 FRUITS AND FRUIT JUICES (USDA SR)
- B1212 LITCHI
- C0229 FRUIT, PEEL REMOVED, CORE, PIT OR SEED REMOVED
- E0150 WHOLE, NATURAL SHAPE
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0003 NO TREATMENT APPLIED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN

- P0024 HUMAN FOOD, NO AGE SPECIFICATION