

Basic Report 09173, Longans, dried

Report Date: August 25, 2019 00:43 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fruit 1.7g
Proximates			
Water	g	17.60	0.30
Energy	kcal	286	5
Protein	g	4.90	0.08
Total lipid (fat)	g	0.40	0.01
Carbohydrate, by difference	g	74.00	1.26
Minerals			
Calcium, Ca	mg	45	1
Iron, Fe	mg	5.40	0.09
Magnesium, Mg	mg	46	1
Phosphorus, P	mg	196	3
Potassium, K	mg	658	11
Sodium, Na	mg	48	1
Zinc, Zn	mg	0.22	0.00
Vitamins			
Vitamin C, total ascorbic acid	mg	28.0	0.5
Thiamin	mg	0.040	0.001
Riboflavin	mg	0.500	0.009
Niacin	mg	1.000	0.017
Vitamin B-12	µg	0.00	0.00
Vitamin A, IU	IU	0	0
Lipids			
Cholesterol	mg	0	0
Amino Acids			
Other			