



LYCHEE NUTRITION FACTS



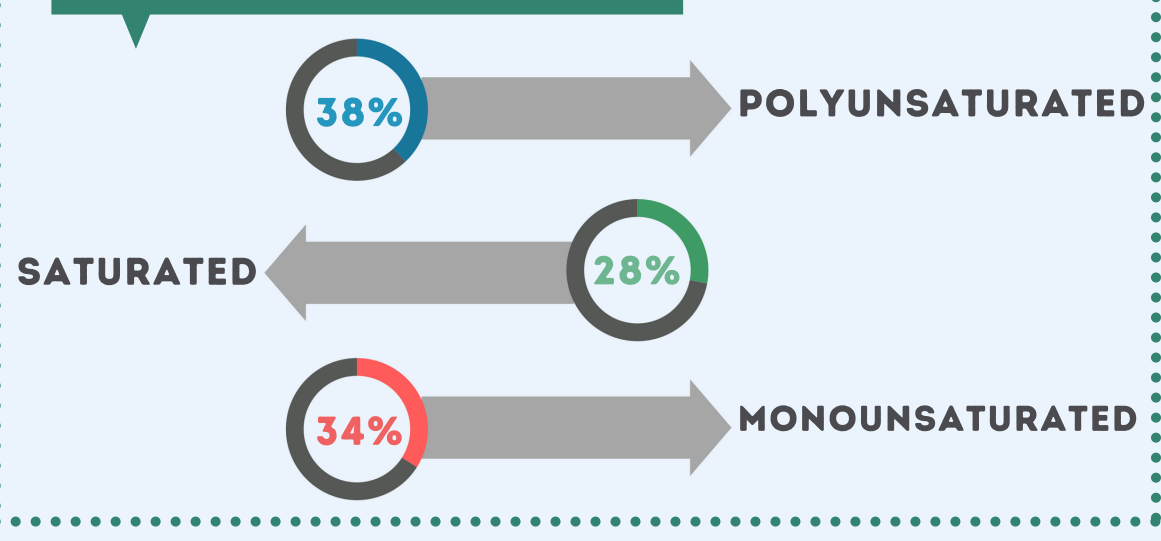
CALORIES 66/100GM

	AMOUNT
CARBOHYDRATE	16.53 G
FAT	0.44 G
PROTEIN	0.83 G
CHOLESTEROL	0.00
FIBER	1.3 G
RIBOFLAVIN	0.065 MG
SODIUM, NA	1 MG
THIAMIN	0.011 MG

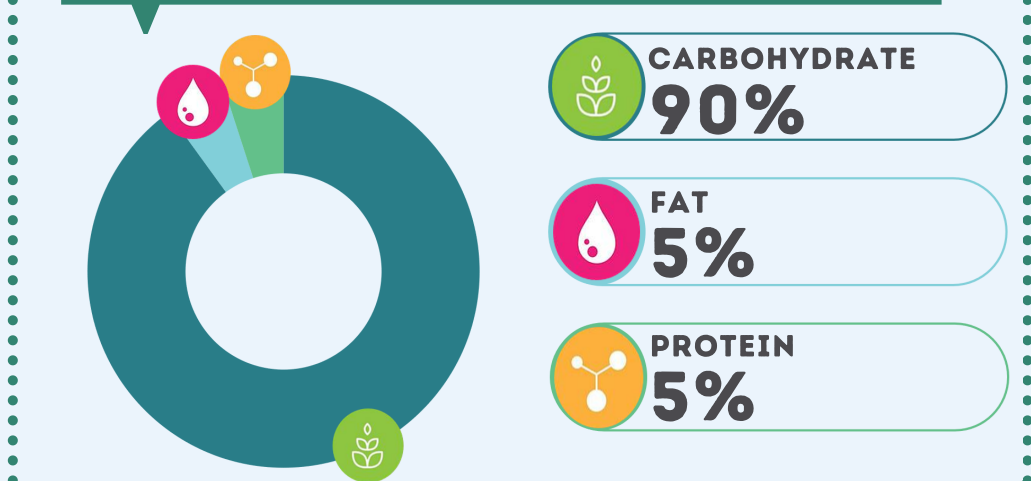
	AMOUNT
NIACIN	0.603 MG
VITAMIN A	0.00
VITAMIN B12	0.00
VITAMIN B6	0.100 MG
VITAMIN C	71.5 MG
VITAMIN D	0.00
FOLATE	14 MCG



FATS AND FATTY ACIDS



CALORIES BY SOURCE



LYCHEE OTHER NAMES

- LITCHI CHINENSIS
- LITCHI
- LICHI

MINERALS IN LYCHEE

5 MG	CALCIUM, CA	0 % (DV)
0.148 MG	COPPER, CU	16 % (DV)
0.31 MG	IRON, FE	2 % (DV)
10 MG	MAGNESIUM, MG	2 % (DV)
0.6 MCG	SELENIUM, SE	1 % (DV)
31 MG	PHOSPHORUS, P	4 % (DV)
171 MG	POTASSIUM, K	4 % (DV)
0.07 MG	ZINC, ZN	1 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.