

## Basic Report 09165, Litchis, dried

Report Date: January 23, 2018 17:01 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fruit 2.5g
<b>Proximates</b>			
Water	g	22.30	0.56
Energy	kcal	277	7
Protein	g	3.80	0.10
Total lipid (fat)	g	1.20	0.03
Carbohydrate, by difference	g	70.70	1.77
Fiber, total dietary	g	4.6	0.1
Sugars, total	g	66.10	1.65
<b>Minerals</b>			
Calcium, Ca	mg	33	1
Iron, Fe	mg	1.70	0.04
Magnesium, Mg	mg	42	1
Phosphorus, P	mg	181	5
Potassium, K	mg	1110	28
Sodium, Na	mg	3	0
Zinc, Zn	mg	0.28	0.01
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	183.0	4.6
Thiamin	mg	0.010	0.000
Riboflavin	mg	0.570	0.014
Niacin	mg	3.100	0.077
Vitamin B-6	mg	0.090	0.002
Folate, DFE	µg	12	0
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin E (alpha-tocopherol)	mg	0.31	0.01

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 fruit 2.5g</b>
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	1.6	0.0
<b>Lipids</b>			
Fatty acids, total saturated	g	0.270	0.007
Fatty acids, total monounsaturated	g	0.328	0.008
Fatty acids, total polyunsaturated	g	0.361	0.009
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0