**Topic of Assignment**

**NUTRITIONAL VALUE OF LYCHEE**

**Submitted By:**

**Fahar Zulfiqar**

**B.Sc. (Hons.) Food Science and Technology (Semester-7th)**

**Roll No: 23 (Regular)**

**Submitted To:**

**Dr. Saqib Jabbar**

Assistant Professor

Institute of Food Science and Nutrition (IFSN)

University of Sargodha, Sargodha

**

**Institute of Food Science and Nutrition**

**University Of Sargodha**

**SARGODHA, PAKISTAN**

|  |  |
| --- | --- |
| Nutritional Value of Lychee (*Litchi Chinensis*) Per 100 g  litchi.jpg  **Dated: 1st October 2015**  **Lychee is Famous For:**   1. **Vitamin C** 2. **Potassium**   **3. Potassium**  **4. Beta-Carotene)**  **Prepared By:**  **Fahar Zulfiqar**  **Roll No.23(R)**  **Bsc(Hons.)FST 7th semester** | |
| Energy | 66 Kcal |
| Carbohydrates | 16.53 g |
| Total Fat | 0.44 g |
| Protein | 0.83 g |
| Dietary Fiber | 1.3 g |
| Vitamins | |
| Vitamin A | 0 mg |
| Thiamine (B1) | 0.011 mg |
| Riboflavin (B2) | 0.065 mg |
| Niacin (B3) | 0.603 mg |
| Choline | 7.1 mg |
| Pyridoxine | 0.100 mg |
| Folate (B9) | 14 µg |
| Vitamin C | **71.5 mg\*** |
| Vitamin E | 0.07 mg |
| Vitamin K | 0.4 µg |
| Minerals | |
| Calcium | 5 mg |
| Copper | 0.148 mg\* |
| Iron | 0.31 mg |
| Magnesium | 10 mg |
| Potassium | **171 mg\*** |
| Manganese | 0.055 mg |
| Phosphorus | 31 mg |
| Selenium | 0.6 µg |
| Sodium | 1 mg |
| Zinc | 0.07 mg |

**Source: USDA Nutrient Database**