**Topic of Assignment**

**NUTRITIONAL VALUE OF LYCHEE**

**Submitted By:**

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| Nutritional Value of Lychee (*Litchi Chinensis*) Per 100 glitchi.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**