Lychee

1. Image
2. Description

Lychee is the sole member of the genus Litchi in the soapberry family, Sapindaceae. It is a tropical tree native to the Guangdong and Fujian provinces of southeastern China, where cultivation is documented from the 11th century. China is the main producer of lychees, followed by India, other countries in Southeast Asia, the Indian Subcontinent and South Africa. A tall evergreen tree, the lychee bears small fleshy fruits. The lychee fruit is about 1½ to 2 inches in size, oval to rounded heart shaped and the bumpy skin is red in color. Once you peel the skin off, the crisp juicy flesh of a lychee fruit is white or pinkish, translucent and glossy like the consistency of a grape, but the taste is sweeter. Lychees have a sub acid sweet taste and have a wonderful freshness to them that is hard to describe. Lychee fruit is high in the antioxidant Vitamin C and the essential mineral Potassium.

From: <https://en.wikipedia.org/wiki/Lychee>

And: <http://www.lycheesonline.com/lycheedescription.cfm>

1. Nutrition Fat

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| **Principle** | **Nutrient Value** | **Percentage of RDA** |
| Energy | 66 kcal | 3.3% |
| Carbohydrates | 16.53 g | 12.7% |
| Protein | 0.83 g | 1.5% |
| Total Fat | 0.44 g | 2% |
| Cholesterol | 0 mg | 0% |
| Dietary Fiber | 1.3 g | 3.5% |
| **Vitamins** |  |  |
| Folates | 14 µg | 3.5% |
| Niacin | 0.603 mg | 3.5% |
| Choline | 7.1 mg | 1% |
| Pyridoxine | 0.100 mg | 9% |
| Riboflavin | 0.065 mg | 5% |
| Thiamin | 0.011 mg | 1% |
| Vitamin A | 0 mg | 0% |
| Vitamin C | 71.5 mg | 119% |
| Vitamin E | 0.07 mg | 0.5% |
| Vitamin K | 0.4 µg | 0.3% |
| **Electrolytes** |  |  |
| Sodium | 1 mg | 0% |
| Potassium | 171 mg | 3.5% |
| **Minerals** |  |  |
| Calcium | 5 mg | 0.5% |
| Copper | 0.148 mg | 16% |
| Iron | 0.31 mg | 4% |
| Magnesium | 10 mg | 2.5% |
| Manganese | 0.055 mg | 2.5% |
| Phosphorus | 31 mg | 4.5% |
| Selenium | 0.6 µg | 1% |
| Zinc | 0.07 mg | 0.5% |
| **Phyto-nutrients** |  |  |
| Carotene-ß | 0 µg | -- |
| Crypto-xanthin-ß | 0 µg | -- |
| Lutein-zeaxanthin | 0 µg | -- |

From: <https://www.nutrition-and-you.com/Lychee.html>

1. Purchase Links:

The lychee tree grows in tropical climates. Having originated in southern China, the lychee is now grown throughout Asia, Africa, Australia, parts of South America and Central America and also in some parts of the U.S. including California, Hawaii, Texas and Florida. Lychee season typically begins in May or June, runs through the summer and ends in September. While you can buy canned lychees all year, some of the fragrant flavor is lost in the canning process, so take advantage of fresh lychees while they are in season to enjoy their flavor to the fullest.

Links for Lychee: <https://www.aliexpress.com/w/wholesale-lychee-fruit.html?switch_new_app=y>

1. Name - Lychee