

Health benefits of Litchi

- Litchi fruit contains 66 calories per 100 g ,and it has no saturated fats or cholesterol, but composes of good amounts of dietary fiber, vitamins, and antioxidants..
- Litchi, like citrus fruits, is an excellent source of **vitamin C**.
- Further, it is a very good source of B-complex vitamins
- Litchi also carries a very good amount of minerals like potassium and **copper**. Potassium.

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%
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%
Calcium	5 mg	0.5%
Copper	0.148mg	16%
Iron	0.31 mg	4%
Magnesium	10 mg	2.5%
Manganese	0.05 mg	2.5%
Phosphorus	31 mg	4.5%
Selenium	0.6 µg	1%
Zinc	0.07 mg	0.5%