

## Basic Report 09172, Longans, raw

Report Date: July 01, 2019 16:02 EDT

Nutrient values and weights are for edible portion.

| Nutrient                       | Unit | 1<br>Value<br>Per100 g | 1 fruit without refuse<br>3.2g |
|--------------------------------|------|------------------------|--------------------------------|
| <b>Proximates</b>              |      |                        |                                |
| Water                          | g    | 82.75                  | 2.65                           |
| Energy                         | kcal | 60                     | 2                              |
| Protein                        | g    | 1.31                   | 0.04                           |
| Total lipid (fat)              | g    | 0.10                   | 0.00                           |
| Carbohydrate, by difference    | g    | 15.14                  | 0.48                           |
| Fiber, total dietary           | g    | 1.1                    | 0.0                            |
| <b>Minerals</b>                |      |                        |                                |
| Calcium, Ca                    | mg   | 1                      | 0                              |
| Iron, Fe                       | mg   | 0.13                   | 0.00                           |
| Magnesium, Mg                  | mg   | 10                     | 0                              |
| Phosphorus, P                  | mg   | 21                     | 1                              |
| Potassium, K                   | mg   | 266                    | 9                              |
| Sodium, Na                     | mg   | 0                      | 0                              |
| Zinc, Zn                       | mg   | 0.05                   | 0.00                           |
| <b>Vitamins</b>                |      |                        |                                |
| Vitamin C, total ascorbic acid | mg   | 84.0                   | 2.7                            |
| Thiamin                        | mg   | 0.031                  | 0.001                          |
| Riboflavin                     | mg   | 0.140                  | 0.004                          |
| Niacin                         | mg   | 0.300                  | 0.010                          |
| Vitamin B-12                   | µg   | 0.00                   | 0.00                           |
| <b>Lipids</b>                  |      |                        |                                |
| Fatty acids, total trans       | g    | 0.000                  | 0.000                          |
| Cholesterol                    | mg   | 0                      | 0                              |
| <b>Amino Acids</b>             |      |                        |                                |
| <b>Other</b>                   |      |                        |                                |