


## Lychee (Litchi chinensis)

 <p>Lychee</p>	Potassium	171	mg	Vit A	0	IU
	Phosphorus	31	mg	Vit B1 (Thiamine)	0	mg
	Magnesium	10	mg	Vit B2 (Riboflavin)	0.1	mg
	Calcium	5	mg	Vit B3 (Niacin)	0.6	mg
	Iron	0.3	mg	Vit B5 (Pantothenic Acid)	14	mg
	Selenium	0.6	mcg	Vit B6	-	mg
	Manganese	0.1	mg	Vit B9 (Folate)	0.1	mcg
	Copper	0.1	mg	Vit C	71.5	mg
	Zinc	0.1	mg	Vit E	0.1	mg
	Fibre	1.3	g	Vit K	0.4	mcg

### Order Information:

1. Shipping Size: 4'x4'x4' Air Freight
2. Shipping Weight: lbs / Kg
3. Fruit Size:
4. Fruit # (Est.):
- 5.

### Availability / Crop Season:

- |         |           |              |
|---------|-----------|--------------|
| Fresh:  | Jan – Dec | (Year Round) |
| Dried:  | Jan – Dec | (Year Round) |
| Frozen: | N/A       |              |

**Description:** Size: 3-4cm diameter. Skin: thin, leathery shell, easy to peel. Flesh: white, juicy, and aromatic with excellent flavour. Taste: Similar to the Longan fruit.

Lychee (Litchi) is native to many warm climate regions around the world. Lychee is a symbol of love and romance in China, a remedy for digestive ailments in India (for many centuries) and is commonly found throughout Asia, Thailand, Cambodia, Southern Japan and the United States.

Lychee is low in calories (66 calories per 100g) and has no sodium, saturated fats or cholesterol.

From a nutritional standpoint, the Lychee fruit contains a broad spectrum of vitamins, minerals and enzymes, is high in fiber and anti-oxidants ... and is abundant in the potent polyphenol, "oligonol".

Lychee contains more vitamin C than oranges and is good source of B-complex vitamins, which are essential co-factors in helping the body metabolize carbohydrates, protein, and fats.

For further information, please visit: <http://tmfflorida.com/>

