











CARB COUNTS FOR EXOTIC FRUITS

Fruit	Calories (Kcal)	Protein (g)	Fat (g)	Fibre (g)	Carbohydrate (g)
Cherimoya¹ (per 1 cup, cubed) 	120	2.5	1.1	4.8	28
Dragon fruit³ (pitaya) (per 1 small fruit, ~55g edible portion) 	43	0.4	0.3	0.6	11
Lychee² (per 6 lychee) 	60	1	0	1	14
Mangosteen⁴ (per ½ cup fresh flesh, about 100 g) 	60	0.6	0.3	5	15
Pomegranate² (per ½ cup seeds/juice sacs) 	72	1.5	1	3.5	16.3

Carb Counts for Exotic Fruits (continued)

Fruit	Calories (Kcal)	Protein (g)	Fat (g)	Fibre (g)	Carbohydrate (g)
Rambutan¹ (per 3 rambutans) 	22	0.2	0	0.2	5.6
Tamarind¹ (per ½ cup pulp) 	143	1.7	0.4	3.1	37.5
Tangelo² (per 1 medium fruit) 	47	0.9	0	2.4	11.8
Tomatillo¹ (per ½ cup, diced) 	21	0.6	0.7	1.3	3.9
Goji Berries² (per 3 tbsp, dried) 	104	4	1.3	4	24

References:

- 1) USDA Nutrient Database Computer Search: nbd.nal.usda.gov/
- 2) Calorie King Food Search: www.calorieking.com/
- 3) Wikipedia: en.wikipedia.org/wiki/Pitaya
- 4) New Crop Resource Online Program , Purdue University:
www.hort.purdue.edu/newcrop/morton/mangosteen.html