



Description

Closely related to the lychee, rambutan is very unusual looking with its hairy appearance. It has a juicy-sweet texture and a rosy flavor that resembles a strawberry and muscat grape. Its fragrant perfume characterizes this unique fruit.

Usage Tips

Best eaten by itself, in salads, or in sauces.

To prepare, cut or tear base of fruit; press out the translucent pulpy flesh.

Nutritional Facts

A source of vitamin C and calcium; provides iron, protein and fiber; an average fruit contains 59 calories.

