

# Rambutan



- ◆ Rambutan fruit is one of the most exotic fruits in the world. It is native to Malaysia but is commonly cultivated throughout Southeast Asia.
- ◆ The fruit is an excellent source of vitamin C. The flavor is sweet and very aromatic.
- ◆ It has a thin, leathery rind covered with multiple tubercles which look like spines with a curve at the tip. Inside, the juicy flesh is usually white or rose-tinted and adheres to an ovoid seed.
- ◆ Rambutan trees fruit twice a year, giving crops beginning late June and August and in December and January.
- ◆ Beside being a good source of Vitamin C, it is also a good source of calcium and provides a fairly good amount of niacin, iron , protein, and fiber.

