

List of exotic and rare fruits in the world

The world is home to a vast array of fruits, some of which are well-known and commonly consumed, while others remain relatively unknown and considered rare. These rare fruits are often found in remote or hard-to-reach areas of the world, and their unique flavors and nutritional properties make them highly sought after by adventurous eaters and health enthusiasts alike.

1. One such rare fruit in the world is the durian, known for its pungent smell and creamy texture. Native to Southeast Asia, the durian is a spiky, football-sized fruit with a hard, thorny exterior. Despite its foul odor, the durian is a popular delicacy in many parts of the world, prized for its rich flavor and numerous health benefits. The fruit is high in fiber, vitamin C, and potassium, and has been shown to have anti-inflammatory and antioxidant properties.

2. Another [rare fruits in the world](#) is the rambutan, which is native to Indonesia, Malaysia, and other parts of Southeast Asia. The rambutan is a small, round fruit with a spiky exterior that is similar in appearance to the lychee. The fruit is sweet and juicy, with a flavor that is often described as a cross between grapes and strawberries. Like many other rare fruits, the rambutan is rich in antioxidants and vitamins, making it a healthy and nutritious snack.

3. The cherimoya is another rare fruit that is often referred to as the "custard apple" due to its creamy texture and sweet, custard-like flavor. Native to the Andes Mountains of South America, the cherimoya has a green, scaly exterior and is roughly the size of a large apple. The fruit is high in fiber and vitamin C, and is also a good source of potassium and several other essential nutrients.

4. Moving on to Africa, the baobab fruit is one of the rare fruits in the world and exotic that is native to the African continent. The fruit is roughly the size of a coconut, with a hard, woody exterior and a soft, powdery interior. The pulp of the fruit is often used to make juice, and is said to have a tangy, citrus-like flavor.

5. The mangosteen is another rare fruit that is native to Southeast Asia. The fruit has a thick, purple rind and is roughly the size of a small apple. The pulp of the fruit is white and juicy, with a sweet, tangy flavor that is often compared to a combination of peach, strawberry, and vanilla. Mangosteens are high in antioxidants and have been shown to have anti-inflammatory properties, making them a popular choice among health-conscious consumers.

6. The carambola, also known as the starfruit, is a rare fruit in the world that is native to Southeast Asia and India. The fruit is roughly the size of an apple and has a distinctive star-shaped cross-section when sliced. The flesh of the fruit is juicy and sweet, with a flavor that is often described as a cross between pineapple and lemon. Like many other rare fruits, the carambola is high in vitamin C and other essential nutrients.

7. Finally, we have the jackfruit, a rare fruit that is native to South and Southeast Asia. The jackfruit is a large, spiky fruit that can grow up to 80 pounds in weight. The fruit has a fibrous

texture and a sweet, fruity flavor that is often used in curries and other savory dishes. The jackfruit is also a good source of fiber, vitamin C, and several other essential nutrients.

Conclusion

Rare fruits are a fascinating and often overlooked aspect of the world's food supply. These unique and exotic fruits offer a wide range of flavors and nutritional benefits, making them a valuable addition to your diet.

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