

# APPLE SLICES



Apples grow on trees and bloom in the spring. They are ready for harvest between August and October!

*Have you seen an apple tree in the fall?*

## PRODUCE PARTICULARS

Apples are a source of Vitamin C, Fiber and Potassium.

The top 10 varieties produced in the US are: Red Delicious, Golden Delicious, Gala, Granny Smith, Fuji, Honeycrisp, McIntosh, Rome, Cripps Pink, and Empire.

Americans eat more apples per capita than any other fruit! The average American eats about 16 pounds of fresh apples and 28 pounds of processed apples like juice, cider, or sauce, for a total of about 44 pounds per person per year.



### Nutrition Facts

1 serving per container  
Serving size 100 g

Amount per serving  
**Calories 60**

% Daily Value \*

|                          |    |
|--------------------------|----|
| Total Fat 0g             | 0% |
| Saturated Fat 0g         | 0% |
| Trans Fat 0g             |    |
| Cholesterol 0mg          | 0% |
| Sodium 0mg               | 0% |
| Total Carbohydrate 14g   | 5% |
| Dietary Fiber 2g         | 8% |
| Total Sugars 10g         |    |
| Includes 0g Added Sugars | 0% |
| Protein 0g               |    |
| Vitamin D 0mcg           | 0% |
| Calcium 10mg             | 0% |
| Iron 0.1mg               | 0% |
| Potassium 110mg          | 2% |

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Apples, Raw, Gala, With Skin

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