

GALA APPLES



The Royal Gala strain was named in honor of Queen Elizabeth II, who deemed it her favorite during a visit to New Zealand.

PRODUCE PARTICULARS

Gala apples are one of the most widely grown apples worldwide and are grown in both hemispheres, providing year-round production.

This crispy, juicy, very sweet apple is ideal for snacking

There are about 2,500 known varieties of apples grown in the United States and more than 7,500 are grown worldwide.



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

FRESHEALTH