

# GRANNY SMITH APPLES



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 high in both Vitamin C and Fiber.

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.

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



### Nutrition Facts

1 serving per container	
<b>Serving size</b>	<b>100 g</b>
<hr/>	
Amount per serving	
<b>Calories</b>	<b>60</b>
	% Daily Value *
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 14g	5%
Dietary Fiber 3g	10%
Total Sugars 10g	
Includes 0g Added Sugars	0%
<b>Protein</b> 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.2mg	0%
Potassium 120mg	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, Granny Smith, With Skin

FRESHEALTH