

RUBY FROST APPLE SLICES



Ruby Frost Apples are great for baking!
What are your favorite apple recipes?

PRODUCE PARTICULARS

Ruby Frost Apples are an excellent source of fiber, and full of natural energizing sugars.

They're a good source of vitamin C, potassium, boron, and various phytochemicals.

The flavor improves after a few weeks in storage, which is why this variety is actually picked in the fall and stored for several weeks before eaten!



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	

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